GRILLED GOODS
A SWEET AND SAVOURY ROMAINE SALAD {page 33}

APES IN A NEW AGE
REBOOT OF CLASSIC THRILLING, BUT LOSES CAMP APPEAL {page 23}

OPRAH'S OSCAR
CRITICS SAY HER DOMAIN IS TV, NOT FILM {page 25}

CALGARY metro®

Weekend, August 5-7, 2011
www.metronews.ca

News worth sharing.

Coffee. Love

▶ Sebastian Sztabzyb of Calgary's Phil and Sebastian Coffee Roasters shows off his barista skills.

KATIE TURNER/METRO

Baristas compete to produce best espresso

This weekend, Calgary will host the Prairie Regional Competition, in which top area baristas will serve up their best espresso for a shot at competing nationally. The competition takes place Saturday at Fratello Coffee Roasters beginning at 9 a.m. Local celebrities will also partake in a barista challenge Friday at 7:30 p.m. at Phil and Sebastian in Marda Loop.

Additional police cuts are wrong, critics argue

New committee looking at removing millions from annual budget

Policing success stories in Calgary could quickly turn to shame if newly planned budget cuts are carried out, critics say.

Policing advocates were left scratching their heads Thursday as details came to light of a committee looking at ways to comply with a city hall request to remove millions from the service's $295-million annual budget.

Compounding the matter is a new provincial licence-plate query fee slated to come online in September and drain roughly $4 million from that same money pool each year.

"We are just starting to win the war," said John Dooks, president of the Calgary Police Association. "The city continues to grow. If we were to even stay at a status quo, that would be difficult. Now, when you're looking at cuts, that is just a disaster waiting to happen."

It is not clear how much the budgeting committee plans to cut, but Dooks said he's learned it will be at least $5 million annually, creating an overall funding gap of at least $9 million.

Ald. John Mar, a former police officer who sits on the Calgary Police Commission board, agreed with Dooks. He worries Calgary could fall back into a situation faced three years ago when ongoing gang feuds threatened public safety.

"This could have a tremendous impact. All you have to do is look at what's happening right now in Edmonton (which has recorded 33 homicides this year) to get a sense of the impact this could potentially have."
ALD. JOHN MAR

But commission chair Mike Shaikh cautioned Mar might be jumping the gun, so to speak. He noted the budget committee doesn't plan to cut staff and is instead looking at ways to improve efficiency, such as reducing one-member vehicle trips and combining district offices.

"They (the committee) will come back to us, and we will decide if those savings are acceptable or not," he explained.

The committee is expected to provide recommendations at some point next month.

JEREMY NOLAIS

1 news

As long as you're not afraid of the dark, subterranean wonders await tourists in the Mammoth Caves. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Police say the captured subject of a B.C. manhunt was hiding in plain sight. Video at metronews.ca

Follow us on Twitter @metrocalgary

KATIE TURNER/METRO

▶ Investigators took one man into custody and executed a search warrant in Huntington Hills on Thursday.

Neighbours blame parking tensions for house shooting

Residents say one vehicle frequently ticketed and towed from area The residence that was shot at was next door to home that police were searching

KATIE TURNER
@METRONEWS.CA

Residents in the northwest community of Huntington Hills believe a parking war could have been the motivation behind a neighbourhood shooting.

Just before midnight Wednesday, several shots were fired into the back of a residence on Hunterbrook Place N.W., breaking windows and leaving holes in the home.

One man was taken into custody but investigators are not speculating on what led to the shooting.

"The motive is still under investigation, so it would be premature for me to comment," said Insp. Paul Malchow.

However, neighbours say tension over parking has been brewing in the cul-de-sac for some time.

Gary, who didn't wish to use his last name, has lived in the area for seven years and said over the past few months one neighbour has used a nailgun to break another's windshield, and urine has been poured into someone's vehicle.

"There's no question it was over parking," he said.

Fellow resident Doug said when he heard shots fired he knew immediately it was about parking.

"That's excessive," he said of the shots.

No injuries

1. Three occupants were in the home at the time of the shooting but no one was hurt.
2. A search warrant was executed on a home in the neighbourhood but no charges have been laid.

19-year-old faces sex assault charges

Charges have been laid in an alleged sexual assault after a man turned himself in to police.

The charges stem from an alleged incident that took place July 31 when a man sexually assaulted a woman behind some shrubs at 17th Avenue and Centre Street.

Police say the victim had met the suspect at the Stampede C-Train platform after leaving a concert.

Nigel Conner Stimson, 19, of Calgary has been charged with sexual assault causing bodily harm and one count of unlawful confinement. METRO

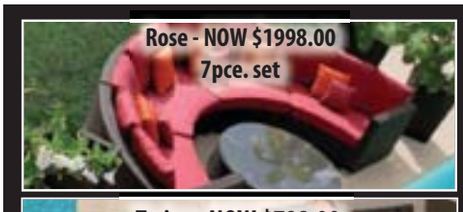
Charges laid in a string of bank robberies

An Alberta man has been charged in relation to three recent bank robberies in Calgary.

Police charged Stephen Thomas Fortune, 54, of Olds Thursday with seven offences.

The bank robberies began June 1, with a Scotiabank in Marda Loop, followed by a TD Canada Trust in Brentwood that was robbed on July 13.

The most recent robbery took place on July 25 and a First Calgary Financial on Southland Drive, during which the suspect handed the teller a note and showed her a firearm. METRO



MODERNDAY
Furnishings + Décor
OUTDOOR WICKER YEAR END CLEARANCE
ALL REMAINING WICKER PRICED TO CLEAR
NOW OPEN IN DEERFOOT MALL
Deerfoot Mall Unit D12, 901 - 64th Ave NE
403-453-0433
www.moderndayfurnishings.com
Many one only specials in store. Don't hesitate this is the last of them till next year. Prices in effect for stock items only.

ROGERS™ authorized dealer

CALGARY

Deerfoot Meadows
(403) 253-1800
Northland Village
(403) 247-8415
Marlborough Mall
(403) 248-5554
(403) 235-6779
Chinook Plaza
(403) 252-2227
Macleod Trail Co-op Shopping Centre
(403) 287-0870
2015 32 Ave. NE
(403) 291-6801
Shawnessy Shopping Centre
(403) 254-6901
Marda Loop
(403) 265-5555
Gulf Canada Square
(403) 261-2012
SunCor Energy Centre
(403) 532-5994
Beacon Hill
(403) 295-8006
South Trail Crossing
(403) 257-6655
Crowfoot Crossing
(403) 215-7300
17th Avenue Plaza
(403) 974-3150
Beddington Towne Centre
(403) 216-9363
Centre Mall
(403) 230-3380
London Town Square
(403) 219-2113
Aspen Landing
(403) 727-2019
City Plaza
(403) 263-7595
Okotoks
(403) 995-9349
TD Square
(403) 571-7760

ROGERS plus

CALGARY

Forest Lane Shopping Centre
(403) 248-6464
Millrise Plaza
(403) 256-2015
Centre Street
(403) 277-7750
Southwood Corner
(403) 255-0202
Trans Canada
(403) 235-2121
Spring Hill Village
(403) 288-1441
London Place West Shopping Centre
(403) 246-7333
5244 Falsbridge Gate NE
(403) 280-5533
5149 Country Hills Blvd. NW
(403) 215-2500
Market Mall
(403) 202-0200
Sunridge Mall
(403) 280-5151
Chinook Centre
(403) 253-0229
Southcentre Mall
(403) 225-6593
North Hill Centre
(403) 202-1801
Deerfoot Mall
(403) 275-3500

ONLY ROGERS FAMILIES CAN ADD THEIR KIDS TO THEIR PLAN

FOR ONLY $17.97 ±/MONTH/EACH ON SELECT VOICE FAMILY PLANS

INCLUDES ALL MONTHLY FEES

AND GET:

UNLIMITED EXTREME TEXT MESSAGING[1]
UNLIMITED CANADA-WIDE FAMILY PLAN CALLING
UNLIMITED PIC & VIDEO MESSAGING[1]
UNLIMITED MY5 LOCAL CALLING & MESSAGING[2]
UNLIMITED TALK EVENINGS & WEEKENDS[3]
AND MORE...

PLUS WITH THE **UNLIMITED FAMILY PLAN**
GET A CHOICE OF GREAT NEW PHONES FROM **$0** WITH A 3-YR. TERM ON SELECT DEVICES

CALL 1 877 572-3045

ANOTHER FIRST. ONLY FROM ROGERS™

Offer ends October 31, 2011. Listed features based on Couples & Family Voice plans from $70.94/mo. (for 2 lines) with 3-yr. term. Early cancellation fees apply. All members on same account must activate on same plan. Plans require min. 2 to max. 5 lines. Lines may be added any time. New lines added require primary line be renewed for same period. ±**Includes the Government Regulatory Recovery Fee which varies by province and ranges from $2.35-$2.97/line/month ($2.35 AB/BC/MB/ON, $2.75 QC, $2.88 NB, $2.97 NL, $2.78 NS, $2.85 PEI, $2.97 SK)**. It is applied to help fund fees, costs and other amounts related to federal, provincial and/or municipal mandates, programs and requirements. **It is not a tax or charge the government requires Rogers to collect and is subject to change**. See rogers.com/regulatoryfee for details. A one-time Activation Fee of up to $35 (varies by province) also applies. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. **1** Compatible device required. Includes unlimited Extreme Text/picture/video messages sent from Canada to Canadian wireless number and received texts from anywhere. Sent/received premium texts (alerts, messages related to content and promotions), sent international texts and sent/received Extreme Text/picture/video/IM/email (as applicable) while roaming not included and charged at applicable rates. To learn more about Extreme Text, go to rogers.com/extremetextmessaging. **2** Unlimited local calls, Extreme Text/picture/video messages apply to 5 numbers on MY5 list. Long distance, text-to-landline and roaming charges extra. Only 10-digit Canadian-based numbers eligible (excludes customers' own wireless number, voicemail retrieval number and special numbers like 1-800/1-900). One MY5 update/month. Excludes premium messages (roaming, international, alerts, contests and promotions). **3** Includes local calls evenings from 9 pm to 7 am Mon-Fri and weekends from 9 pm Fri to 7 am Mon. ©2011

SPRAWLING SUBURBS STARTING TO CRIMP MY STYLE

IN DEFENCE OF ...

MIKE MORRISON
METRO CALGARY

When I first moved to Calgary, I loved living downtown. It was near all the restaurants, shops and, most importantly, my friends. If I was ever bored, they were never more than just a few blocks away. For a boy from New Brunswick, living in a big city didn't get much better.

Over the past few years, while I've maintained my youthful looks and great complexion, a lot of my friends have gotten older, adopted a dog or two, gotten married and even had babies. Their growing families have inevitably forced them leave areas like Mission and Sunnyside for some of this city's newer communities, which I think are usually named after elements like wood or gravel.

More than any major environmental consequences, forcing my friends to move is why I hate Calgary's never-ending urban sprawl. Obviously buying a home is a big part of growing up, but unless you're on the board of Enmax, there's no way you can afford an inner-city infill home. So my friends, who used to live around the corner, are now half a world away.

"Obviously buying a home is a big part of growing up, but unless you're on the board of Enmax, there's no way you can afford an inner-city infill home."

Shockingly, most of them have quickly adopted the mentality that I should always go visit them, "because it's easier." (Unless there is a street festival and they want my parking spot.) And maybe this is my Kensington colours showing, but when has driving to suburbia ever been easy? I know for a fact that I'm not the only one scared by identical, beige-coloured houses with street names that are equally confusing. Couldn't the suburbs at least have adopted the numbered streets and avenues system?

If I do go visit my suburbia-based friends, yes I usually have a good time. They have things that resemble lawns and a seemingly unlimited supply of lakes. Plus, I don't know what it is about neighbourhoods named after birds, but they always have the best yard sales.

The Calgary suburbs are really beginning to crimp my style. Case in point, if my friends didn't live so far away, they'd be around to monitor me more and make sure that I don't say things like "crimp my style." But now I'm left to wander Prince's Island Park alone, play solo Bocce ball tournaments and pick up slang from inappropriately dressed parents of teenagers.

In the next few years, this city will welcome new inner-city communities in the East Village and Dalhousie, so until then I'll just have to be patient, just like my friends, who are still waiting for me to grow up.

Pipe. Dreams

▶ Bikers hitch a ride at Canada Olympic Park Wednesday, where the halfpipe is undergoing some changes.

KATIE TURNER/METRO

Styling the slopes to meet Sochi standards

WinSport Canada is in the process of upgrading Canada Olympic Park's halfpipe to meet Olympic standards for athletes to train on in preparation for the 2014 Winter Olympics in Sochi, Russia. The dirt being removed from the halfpipe will be used to improve three jumps at the base of the hill.

ParkPlus gives customers a boost

Dead batteries and flat tires will no longer leave ParkPlus customers stranded as the Calgary Parking Authority looks to make expansions to their vehicle assistance program.

Currently, customers who park in ParkPlus parkades or surface lots can call for assistance but the ParkAid program will now be expanded to the streets, according to Troy McLeod.

"You kind of get to your car and go, 'Oh no, what do I do,'" said McLeod, acting manager for the CPA, "but if you're in a Calgary Parking Authority parkade or soon to be in a ParkPlus area, you'll be able to get some support."

KATIE TURNER

Popular service

▶ McLeod said the free service has proved to be popular over the last three or four years, which is why they chose to expand it.

Residents cough up cash after protest

Residents of a central Alberta hamlet are finally having to cough up the cash after their turn at civil disobedience against the tiny town's former administration. About one third of the people living in Donalda, population 230, had refused to pay a flat utilities fee to protest how their community was being run. Residents hadn't received bills for water, sewer and garbage collection for seven years.

THE CANADIAN PRESS

GIVES LIKE NOTHING ELSE

Touch the new HP TouchPad and $2 will be donated to Boys and Girls Clubs of Canada.

SOUTH CENTRE MALL

August 6th 10AM – 8PM • August 7th 11AM – 6PM

Find out more at hp.ca/touchpadgives

Boys & Girls Clubs of Canada
Clubs Garçons et Filles du Canada

Everybody On hp *TouchPad*

Between July 15th, and August 31st, 2011 HP will donate $2 to Boys and Girls Clubs of Canada each time a participant touches the TouchPad screen and makes his/her impression, up to a maximum of $100,000 CDN. All screen images simulated.

Bacon biz serves success

Beefing up the bacon market has paid off for one local company.

Called the Canadian Beef Bacon, the product hit the shelves in Calgary Co-Op stores late last month. The company's founder Richard Janzen believes the arrival is just the beginning. Janzen says numerous other distributors have also shown interest.

The product is considered the first of its kind in Canada and was previously sold at farmers' markets in Calgary and Millarville.

Janzen said the product contains half the cholesterol and three-quarters the fat found in traditional pork bacon and cooks faster as well.

"It's a pretty amazing product," he said.

"We have got an unbelievable amount of attention."

Janzen said the bacon has already received rave reviews from notable public figures, among them Calgary Flames president and CEO Ken King and former federal public safety minister Stockwell Day.

To find out more, visit beefbacon.net.

JEREMY NOLAIS

CANDICE WARD/FOR METRO

▶ A strip of Calgary's own beef bacon product.

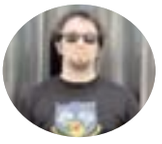
Reader tweets

We asked the Twitter crowd: What's the best food you've ever eaten that contains bacon?

- **@MsFaryn** Bacon wrapped water chestnuts! So delicious
- **@DeDutchess** Braised Kale and bacon sald
- **@UnaCalgary** The maple glazed bacon bits donut @ JellyModern!
- **@wazzer12** M&Ms wrapped with bacon
- **@HaskaChristina** bacon chocolate!
- **@jen2sen** bacon pancakes! Then add butter and syrup

On-the-street comments

We asked: What's the best way to eat bacon?



Emily Cheffins
NEW GRAD, 22
"My favourite way to eat bacon is when I have breakfast for supper."

Adam Hunter
CREATIVE WRITER, 29
"Wrapped around an entire turkey. Your bacon tastes like turkey, your turkey tastes like bacon — it's great."

Heather Ellis
SALES MANAGER, 45
"On a bacon cheddar burger from Belmont Diner."

Michael Skalicky
BUSINESS DEVELOPMENT, 30
"Fried, by itself."

Bacon makin' Cowtown sizzle

Bacon Fest takes place Sept. 24 at Bowness Community Centre Happens from 10 a.m. to 5 p.m.

KATIE TURNER
@METRONEWS.CA

Crispy, salty, smoky, delicious.

Just a few words Bacon Fest Canada founder Tim Tamashiro uses to describe bacon — the inspiration for a festival coming to Calgary next month.

"It's the perfect food," said Tamashiro, whose official title is Bacon Boss.

"There's so much about bacon that grabs your imagination. You can actually think of what it tastes like when you saw the word."

Tamashiro said he originally saw Bacon Fest in the U.S. and thought since Canada already has a bacon named after it, it only makes sense to bring the celebration north.

$23.75 Folks will be ponying up a general admission price of $23.75 for Bacon Fest. Meanwhile kids aged six to 12 can get in for $11.75.

The event will feature restaurant vendors serving up bacon in both conventional and unique ways, along with entertainment, including a poetry slam.

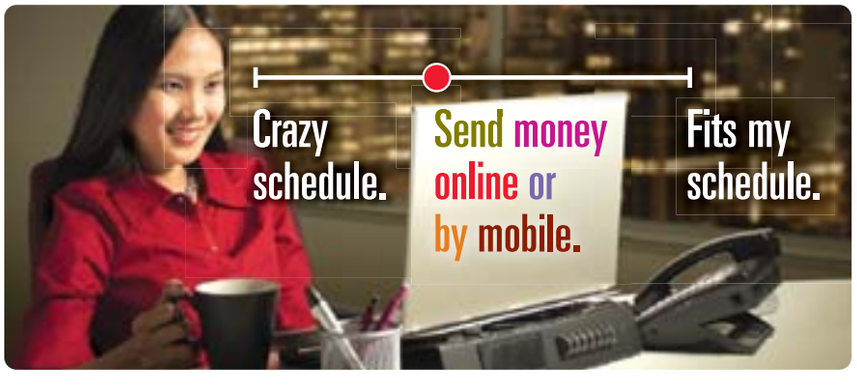
"So many people love bacon.... It's the universal meat."

What's shakin'

- Bacon Fest Canada is competing in WestJet's Fun 'n Festival Series.
- Canadians can vote for their favourite festival at westjetfestivals.com.
- Along with pork bacon, Tim Tamashiro hopes to include turkey bacon, beef bacon and faux bacon.
- Bacon Fest is a fundraiser for the Inviti Jazz and Food Festival, which Tamashiro hopes to launch next year.
- For info, visit: baconfestcanada.com.

KATIE TURNER/METRO

▶ Bacon Boss Tim Tamashiro takes a bite out of the mascot for Bacon Fest: stuffed bacon.



$9 plus 1%* of money sent

Enjoy the convenience of sending money online and through your mobile to family and friends around the world. With online and mobile money transfers available when you are, it's easier to fit it into your schedule — however busy your day is.

Available on online transfers under $1,000 at *Scotia OnLine*® Financial Services and *Scotiabank*® Mobile Banking**.

scotiabank.com/westernunion

WESTERN UNION
moving money for better

You're richer than you think.®

Scotiabank®

* IN ADDITION TO THE TRANSFER FEE, WESTERN UNION ALSO MAKES MONEY FROM THE EXCHANGE OF CURRENCIES. ** Standard message and data charges apply for transactions initiated through Scotiabank Mobile Banking. Money transfer fee of $9 plus 1% of principal is applicable to money transfers less than $1,000 on consumer to consumer Western Union Money Transfer® transactions initiated through Scotia OnLine® Financial Services or Scotiabank® Mobile Banking which is provided by The Bank of Nova Scotia ("Scotiabank"). Fees are subject to change without prior notice. Scotiabank is an authorized agent facilitating Western Union Money Transfer services but is not responsible for the funds transfer. A Scotiabank Day to Day bank account is required for a Western Union Money Transfer® transaction. The Scotiabank name, logo and "You're richer than you think" tagline are registered and owned by The Bank of Nova Scotia. © 2011 Western Union Holdings, Inc. All Rights Reserved. The WESTERN UNION name, logo, trade name, trade dress and related trademarks, owned by Western Union Holdings, Inc., are registered and/or used in the U.S. and many foreign countries.

50 Mbps is ridiculously fast.

Sorta like “thousands of Internet customers switching to Shaw in one month” fast.

Last month, thousands of Canadians switched to Shaw Internet and home phone. Now, they enjoy the fastest Internet at twice the fastest speed of other providers*, superior technology and exceptional 24/7/365 customer service.

Call 888.743.6143 to find out more.

$41.00† PER MONTH

BROADBAND 50 INTERNET

+ HOME PHONE BASIC

FOR SIX MONTHS

Together is amazing.

SHAW

†Offer available in most markets for new Shaw Internet and Phone customers. Customers will pay $41 per month from months one to six, the price for Broadband 50 Internet and Home Phone Basic after promotional period will be $74.90 per month. Offers and prices are subject to change. Shaw services are subject to our terms of use as occasionally amended and available on shaw.ca. *Fastest residential Internet download speed available in BC, AB, SK, ON on websites as of July 29, 2011.

JANESSA TONEY INQUIRY

RCMP must lead in accidents: Report

An inquiry report into the drowning of five-year-old Janessa Toney during a failed rescue attempt on Lake Newell in southern Alberta recommends the RCMP take more of a leadership role in such situations.

Janessa died on Sept. 27, 2008, after she and her family were thrown from a Fish and Wildlife boat that picked up the family after their boat broke down. The craft had a maximum allowance of seven people, but eight were on board. The rescue boat was swamped by high waves and Janessa became trapped underneath the boat.

The inquiry heard about a lack of communication between the Mounties, fire crews and specialized rescue teams. THE CANADIAN PRESS

No jail time for teen

A youth court judge ordered a 17-year-old who sexually assaulted an intoxicated 12-year-old girl in a schoolyard last September to take part in a two-year intensive support and supervision order on Thursday. METRO

Police seek wanted man

Police believe a man wanted across Western Canada may be in Calgary. Shawn Robert McWilliams, 40, faces four counts of assault with a weapon in Calgary and Langley, B.C., as well as several other charges. METRO

Marda Gras the place to be on Sunday

Party runs from 10 a.m. to 5 p.m. in Marda Loop Fun for all

YASMIN JASWAL
CALGARY@METRONEWS.CA

Winning prizes, working on fitness and celebrating a New Orleans tradition: It's all happening Sunday at the Metro-sponsored Marda Gras festival.

Along with concerts, vendors, kids' fun, a dog show, fashions, food and outdoor patios, this year's festival features the second-annual Get Fit in the Loop. A series of checkpoints help festival-goers get a better picture of their health. Each checkpoint tests fitness and wellness in various ways, such as a free prostate-testing station and an obstacle course that measures strength and speed.

"I think it's a really neat, interactive way for individuals and families to get more involved at the event," said Pamela Tchidy Kupidy, Marda Gras organizer.

The first 100 people to complete five health checkpoints receive gift cards for Subway and their names are entered in a draw for a $500 Healthy for Life package.

Marda Gras takes place on 33rd and 34th avenues between 19th and 22nd streets S.W.

Street beat

- **The Military Museum and** Southland Transportation are offering free shuttle-bus service to and from Marda Gras. Free parking is available at the Military Museum, and buses will run every 15 minutes.
- **This is the 27th year of** Marda Gras. For more information, go to mardaloopbrz.ca.
- **Editors' note:** Incorrect information about Marda Gras appeared in Wednesday's Backstage Pass column. The five-kilometre run/walk is at 6 p.m. Saturday, the day before the festival.

CONTRIBUTED

▶ Marda Gras is fun for revellers of all ages.

Gone to the dogs

Human visitors won't be the only ones enjoying Marda Gras this weekend, as the Dog Contest returns.

Dogs must be dressed in traditional New Orleans-style outfits to compete, and the three best-dressed dogs win a prize.

CONTRIBUTED

Registration is $10. All proceeds go to KidSport Calgary.

Entry forms can be picked up at pet stores in Marda Loop.

YASMIN JASWAL

HAIR LOSS PROBLEM?
Find the solution to your hair loss problem today,
BEFORE IT IS TOO LATE!
Natural Hair Regrowth With FU YAN's Special Treatment System & Chinese Traditional Premium Herbs. (works for Men & Women)
Reasonable, Faster, and Better Results!

*These actual before and after pictures will build your confidence in the FU YAN system. We will not deceive our customers with the use of false bald model's photographs and misleading advertising.

Many Albertan's have thanked FU YAN
EXCELLENT SUCCESS RATE
Some conditions apply
• No Medication • No Surgery
• No Side Effects • No Gimmicks

FU YAN NATURAL HAIR
REGROWTH TREATMENT CENTRE™
Suite 201, 2705 Centre St. NW Calgary AB T2E 2V5
TEL: 230-0200 FAX: 230-0213

Human Service Diploma in 12 Months

Are you interested in a career in the field of Education, Rehabilitation, Child & Youth Services, or Social Work Assistance? This professional program provides opportunities for Careers in all four areas. Students may also transfer credits to go on to complete the last two years of a 4-year University Degree. Potential to earn an income of between $15.99 - $18.91/hr or more.

Students succeed in small class sizes which are led by instructors who combine academic qualifications with extensive years of practical experience.

Free upgrading courses are available to assist learners in meeting minimum entrance requirements. Students also benefit from a practicum.

Start dates every 5 weeks! Call now - (403) 648-2265

802 Manning Road NE Calgary, AB
www.columbia.ab.ca/m / Outside Calgary: 1-888-235-9370
COLUMBIA

LOVE TO PLAY?
Get more Metro puzzles and games on your iPhone with the FREE Metro Play app – updated daily!
Available on the App Store
metro play

At just two, Gordie helps mom review playgrounds

Mother and son blog about Calgary's best play spaces

YASMIN JASWAL
CALGARY@METRONEWS.CA

A two-year-old and his mom are helping Calgary parents keep their kids entertained this summer with a blog that reviews parks around the city.

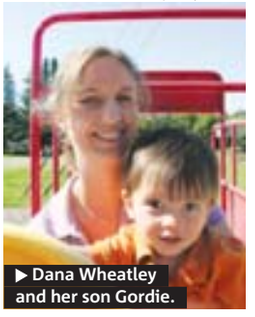
Dana Wheatley, the creator of Calgary Playground Review, started her blog while trying to keep her son Gordie busy.

"I figured if I couldn't find what I wanted, maybe I could create it," said Wheatley.

Since last summer, Wheatley has reviewed 100 different indoor and outdoor parks all over Calgary, including Bowness Park, Elliston Park and the Calgary Zoo.

The mother-son team's blog can be found at calgaryplayground-review.com.

YASMIN JASWAL/FOR METRO



▶ Dana Wheatley and her son Gordie.

This seal was quite the steal

Sol the Seal, one of three statues placed in Calgary by Tourism Victoria as part of an initiative aimed at drawing local travellers, mysteriously vanished over the long weekend from his spot in front of Original Joe's on 4th Street S.W.

"Someone must have really wanted him. He is not easy to move," said Trina Mousseau, director of destination marketing for Tourism Victoria. "Let's hope they are treating him well."

The general manager of Original Joe's was sad to see the creature go.

"It was definitely fun to have out there. Iit was a conversation starter," said Ian McMahon.

Sol the Seal was set to head home Aug. 8 along with his buddies Simon the Salmon and Orland the Orca.

CANDICE WARD

500
Tourism Victoria estimates Sol the Seal weighs about 500 pounds.

▶ Someone stole Sol the Seal, brought to Calgary by Tourism Victoria.

ST. JOHN'S TENTH ST.

At St. John's Tenth Street, our one-bedroom floor plans are spacious enough for you to do the things you love. Like entertain.

It's a rare new building in Calgary's sought after Kensington neighbourhood that affords you the room to live. All starting from the mid-$200,000s.

With 39 floor plans across 95 one and two-bedroom homes, you'll find what you've been looking for.

KENSINGTON IS HOME

INVITE YOUR FRIENDS OVER
stjohnstenthst.com
403.452.4687

STREETSIDE DEVELOPMENT CORPORATION
A QUALICO Company

This is not an offering for sale. E.O.&E.

MARK MITCHELL/NEW ZEALAND HERALD/THE ASSOCIATED PRESS FILE

▶ Happy Feet, an emperor penguin, prepares for an X-ray in June at a New Zealand zoo in this file photo. The popular animal will soon be returned to the wild.

Penguin earns web following

Wayward animal discovered on New Zealand beach
Happy Feet to have a GPS tracker attached to his back

Happy Feet is now a creature of the Internet age.

The wayward emperor penguin, discovered on a New Zealand beach six weeks ago, will soon be returned to the wild — but not before he picked up an online following of more than 120,000.

That's how many unique visitors have logged onto a web camera monitoring his every move. Thousands more are expected to follow the updates after he's released in coming weeks, with feeds from a GPS tracker attached to his back posted online.

His followers don't seem bothered that Happy Feet, nicknamed after the 2006 animated movie, does little more than eat, sleep and occasionally waddle.

"At 11:20 p.m. in New Zealand, Happy Feet was sound asleep with his left foot and flipper sticking out," one Facebook fan wrote.

The penguin was found June 20 on Peka Peka Beach, about 65 kilometres northwest of Wellington and far from his Antarctic feeding grounds. He was moved four days later to the Wellington Zoo after becoming ill from eating sand, which he likely mistook for snow.

He has since gained weight and been given a clean bill of health to return to the ocean.

THE ASSOCIATED PRESS

Business Accounting Diploma in 12 Months

Graduates may work as banking officers, investment advisors, payroll administrators, financial planners, bookkeepers or more. Students may also transfer credits towards a professional accounting designation or go on to complete the last two years of a 4-year University Degree. Potential to earn an income of between $20.94 - $24.86/hr or more.

Students succeed in smaller classes led by instructors who combine academic qualifications with extensive years of practical experience. Receive more personalized attention. Students also benefit from a practicum.

Free upgrading courses may be available to assist learners in meeting minimum entrance requirements.

Start dates every 5 weeks! Call now - (403) 648-2265

802 Manning Road NE Calgary, AB
www.columbia.ab.ca/m / Outside Calgary: 1-888-235-9370

COLUMBIA

Jury convicts polygamist of child sexual assault

TONY GUTIERREZ/THE ASSOCIATED PRESS

▶ Warren Jeffs

A Texas jury convicted polygamist sect leader Warren Jeffs of child sexual assault Thursday in a case stemming from two young followers he took as brides in what his church calls "spiritual marriages."

The 55-year-old head of the Fundamentalist Church of Jesus Christ of Latter Day Saints stood stone-faced as the verdict was read.

Jeffs, who acted as his own attorney, faces up to life in prison. The jury went immediately into sentencing proceedings. They had deliberated on a verdict for more than three hours.

Police had raided the group's remote West Texas ranch in April 2008, finding women dressed in frontier-style dresses and hairdos from the 19th century as well as seeing underage girls who were clearly pregnant. The call to an abuse hotline that spurred the raid turned out to be a hoax, and more than 400 children who had been placed in protective custody were eventually returned to their families.

But authorities brought charges against several men from the group, with Jeffs by far the highest-profile defendant.

Prosecutors used DNA evidence to show Jeffs fathered a child with a 15-year-old girl and played an audio recording of what they said was him sexually assaulting a 12-year-old girl.

They also played audio recordings in which Jeffs was heard instructing young women on how to please him sexually.

Jeffs has claimed he was the victim of religious persecution. The FLDS, which has at least 10,000 members nationwide, is a radical offshoot of mainstream Mormonism.

Jeffs stood mute and expressionless, staring at the floor, for all but a few seconds of the half hour he was allotted for a closing argument on Thursday. At one point he mumbled, "I am peace," and said no more.

THE ASSOCIATED PRESS

People 'slaughtered like sheep' in the streets of Hama

Gunmen in plainclothes are randomly shooting people in the streets of the besieged Syrian city of Hama and families are burying their loved ones in gardens at home for fear of being killed themselves if they venture out to cemeteries, a resident said Thursday.

Military forces on Sunday launched an offensive against anti-government dissent in Hama and at least 100 people have been killed since, according to human rights groups. Phones, Internet and electricity have been cut or severely hampered for days. The resident told The Associated Press people are being forced to ration food and share bread to get by during the holy month of Ramadan, when many Muslims fast from dawn to dusk then celebrate with large, festive meals after sundown.

"People are being slaughtered like sheep while walking in the street," said the resident, who spoke by phone on condition of anonymity for fear of reprisals.

THE ASSOCIATED PRESS

Charest backs minister

Quebec's premier has expressed clear support for the way the province's embattled transport minister is handling an infrastructure crisis.

Jean Charest says Sam Hamad has had a difficult job of reassuring the public in the wake of a collapse in a major Montreal tunnel.

Hamad has also had other complex issues to handle even before the collapse above the Ville-Marie expressway.

THE CANADIAN PRESS

Prosecutor: Norway killer keeping quiet

A Norwegian prosecutor said Thursday he is concerned that Anders Behring Breivik, the confessed perpetrator of last month's attacks that killed 77 people, is declining to give information that could determine if he had accomplices.

"We still think he was alone, but we cannot conclude about that," said prosecutor Christian Hatlo.

THE ASSOCIATED PRESS

Khadr boots two longtime lawyers

With just months to go before his return to Canada, convicted war criminal Omar Khadr has booted his two longtime and well-known Edmonton-based lawyers.

A source says Khadr has hired Toronto-based lawyers John Norris and Brydie Bethall to represent him.

Khadr was convicted a year ago in Guantanamo Bay.

THE CANADIAN PRESS

News in brief

Environment Canada slashes hundreds of jobs

PUBLIC SECTOR. It will be a long three months for many Environment Canada employees. That's how long they will have to wait before they know what is in store for them as the department looks at cutting hundreds of positions to save money.

Union representatives say they got word this week from Environment Canada that 776 positions are on the chopping block. That's around 11 per cent of the department's workforce.

Around 476 workers will be shuffled to other jobs within the department, a spokesman for Environment Minister Peter Kent said.

THE CANADIAN PRESS

Looks like Lucy may stay put

EDMONTON ELEPHANT. Animal welfare groups fighting to see a lone elephant at Edmonton's zoo moved to a sanctuary in the United States have been dealt a blow by Alberta's top court.

In a split decision, the Alberta Court of Appeal sided with a lower judge who threw out an attempt to use the courts to have Lucy moved.

A year ago, Justice John Rooke ruled that the case launched against the City of Edmonton by Zoocheck and People for the Ethical Treatment of Animals was an abuse of process.

The animal rights groups argue Lucy should be transported to a sanctuary, but the city says the elephant gets good care in Edmonton and is too sick to move.

THE CANADIAN PRESS

Ex-bishop's sentencing scheduled for December

- Defence lawyer argues Lahey not a 'sophisticated' collector of child porn
- Out of 155,000 images in his possession, 588 classified as such: Testimony

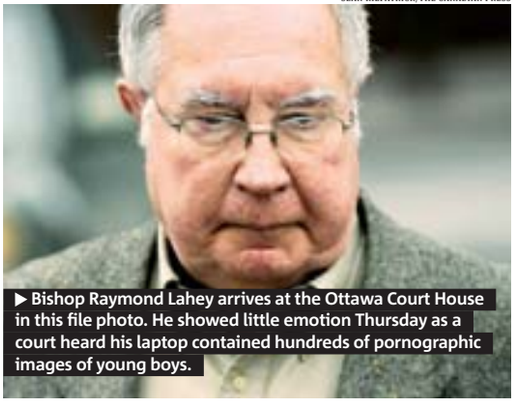
AMEN JAFRI
CALGARY@METRONEWS.CA

Ex-bishop Raymond Lahey will wait until December to hear his final sentence for possession of child pornography, following a Thursday-morning hearing in Ottawa.

The former head of the Antigonish, N.S., diocese was arrested in September 2009 after a search at the Ottawa airport uncovered images and videos of child pornography on his laptop.

Lahey's clothing was slightly rumpled and he sat looking at the witness box, never turning to see the mostly empty public gallery.

SEAN KILPATRICK/THE CANADIAN PRESS



▶ Bishop Raymond Lahey arrives at the Ottawa Court House in this file photo. He showed little emotion Thursday as a court heard his laptop contained hundreds of pornographic images of young boys.

Detective Andrew Thompson produced a forensic-analysis report on 588 images — but also examined pornographic videos and stories.

He said it was rare to find all forms of pornography in one collection.

"We haven't come across that very often," he said.

"The explicit images, torture and stuff like that, are disturbing."
DETECTIVE ANDREW THOMPSON

Defence lawyer Solomon Friedman cross-examined him, attempting to prove that Lahey was not a "sophisticated" collector of child pornography.

Thompson agreed with Friedman that many of the images were "borderline" because they could be of young adults with childlike appearances.

The next hearings will take place December 19 and 20 in Ottawa, when a psychiatrist will testify.

August is FREE Granite & Quartz Month at Trico Homes
Receive FREE Granite & Quartz
in your kitchen if you purchase a new Trico home by August 31st
New Products. New Ideas. New Trico.
Trico Homes
Visit us online or at one of our many showhome locations
Trico Homes is proud to build in these fine communities
Calgary
Aspenshire
95 Aspen Stone Way SW
Beacon Heights
234 & 238 Sherwood Mount NW
Cranston
29 & 33 Cranarch Way SE
Evanston | Symons
49 & 53 Evanston Way NW
Evanston | The Arrival
410 Evanston Drive NW
Mahogany
52 & 56 Mahogany Heath SE
Montreux
95 Aspen Stone Way SW
Sage Hill
39 & 43 Sage Valley Green NW
Condos
New Brighton (york29)
120 New Brighton Landing SE
Panorama (Milano)
99 Panatella Hill NW
Out of Town
Cimarron, Okotoks
458 & 462 Cimarron Blvd
Heritage Hills, Cochrane
8 Heritage Green
Hillcrest, Airdrie
18 & 22 Hillcrest Street
tricohomes.com
* Offer is valid from August 1st - 31st on pre-sale single family homes. Some conditions apply. Please contact your Area Sales Manager for more details. Photo of granite may not be exactly as shown.

Mubarak evidence sorted

A day after the start of Hosni Mubarak's historic trial, seven of his co-defendants were back in the courtroom on Thursday on charges of complicity in the killing of protesters during the uprising that toppled Egypt's longtime president.

The hearing of former interior minister Habib el-Adly and six top police officials was broadcast live on Egyptian state television.

The seven first appeared in court on Wednesday in the same defendants' cage with Mubarak and his two sons — one-time heir apparent Gamal and businessman Alaa — in a related case that is tried by the same judge.

The Mubaraks' trial resumes Aug. 15.

Mubarak, el-Adly and the six police officials face the death penalty if convicted over the protesters' deaths.

The three Mubaraks separately face corruption charges.

El-Adly was Mubarak's interior minister for more than a decade, in charge of the country's 500,000-strong security forces.

Some of the worst human rights abuses during Mubarak's 29 years in office are blamed on el-Adly and his police force.

Thursday's hearing was entirely taken up by procedural matters, with Judge Ahmed Rifaat opening boxes of evidence. The evidence included operational police logs covering the time of the uprising and several weapons and ammunition rounds. One piece of evidence was the blood-soaked jacket of one of the 850 protesters killed during the 18-day uprising.

The judge gave the lawyers a week to examine the evidence before hearings resume on Aug. 14.

THE ASSOCIATED PRESS

29,000 Somalian kids dead: U.S.

More than 1,000 arrive daily to refugee camp in Dadaab, Kenya Most fleeing fighting and hunger

The drought and famine in Somalia have killed more than 29,000 children under the age of five, according to U.S. estimates, the first time such a precise death toll has been released related to the Horn of Africa crisis.

The United Nations has said previously that tens of thousands of people have died in the drought, the worst in Somalia in 60 years.

The UN says 640,000 Somali children are acutely malnourished, a statistic that suggests the death toll of small children will rise.

Nancy Lindborg, an official with the U.S. government aid arm, told a congressional committee in Washington on Wednesday that the U.S. estimates that more than 29,000 children under the age of five have died in the last 90 days in southern Somalia.

That number is based on nutrition and mortality surveys verified by the U.S. Centers for Disease Control and Prevention.

The UN on Wednesday declared three new regions in Somalia famine zones, bringing the total number to five.

Out of a population of roughly 7.5 million, the UN says 3.2 million Somalis are in need of immediate lifesaving assistance.

Getting aid to Somalia has been made more difficult because al-Qaida-linked militants control much of the country's most desperate areas.

Al-Shabab has denied that a famine is taking place, and won't give access to the World Food Program, the world's biggest provider of food aid.

Tens of thousands of refugees have fled south-central Somalia in hopes of finding food at camps in Ethiopia, Kenya and in Mogadishu, the Somali capital.

Already hundreds of millions of dollars have been donated to fight the sweeping hunger crisis, but the UN says it needs hundreds of millions more.

THE ASSOCIATED PRESS

▶ A malnourished child is seen at a fie
International Rescue Committee in Da
The camp is designed for 90,000 peop
houses around 440,000 refugees, mos
are from war-ravaged Somalia.

Columbia College

Do you want to increase your income potential? Do you want to enter a respected occupation or profession? Do you want to Engage in more meaningful work? We can help you reach your goals.

Do These Careers Interest You?

Accounting Personnel, Health Care Aide, Education Assistant, Probation Officer, Marketing Professional, Dental Assistant, Practical Nurse, Immigrant Aid Worker, Border Services Officer, Dental Sales Representative, Purchasing Agent, Social Work Assistant, Corrections Officer, Sales Representative, Dental Hygiene Coordinator, Paramedic, Rehabilitation Worker, Police Officer, Business Owner, Animal & By-Law Services Officer, Office Manager, EMT, Supports for Community Living Worker, Dental Specialty Representative, Human Resources Professional plus many more...

High School Diplomas are not required to enter a program at Columbia College.

FREE English, Math and Science upgrading courses may be provided to a student if needed.

Some programs provide the first two years of University Education completed in half the time.

Other programs: LINC (funded by Citizenship and Immigration Canada), Academic Upgrading and ESL

Phone: (403) 235-9300
www.columbia.ab.ca/m

802 Manning Road NE
Calgary, AB T2E 7N8

COLUMBIA COLLEGE

CITY PRINT DISTRIBUTION INC.
DISTRIBUTORS OF METRO CALGARY

DISTRIBUTION DRIVERS

Applications are now being accepted for distribution drivers. If you are experienced, dependable, with references and have a reliable larger sized vehicle, the following position may be for you:

VENDING BOX AND DEALER DISTRIBUTION:

- Monday – Friday only: 1:00 am – 8:00am (all weekends and holidays off)
- No Home Delivery – No Collections – No Sales Calls
- Regular payment every two weeks.
- Long Term Contract for proven, dedicated service performance.

Highest competitive rates paid in the industry. For more detailed information on our next growth opportunity and to have your name placed on our active application file, please email Cory Evaskavich today at: **cevask@data2decision.com**

FIRST COME – FIRST SERVED – DON'T DELAY CALL TODAY!

SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

ld hospital of the
daab, Kenya.
le but now
t of whom

IRVING

Irving Shipbuilding has been in the business of repairing and building quality ships for more than 120 years. The company's primary site is Halifax Shipyard, with three other locations in the Maritime Provinces. In addition to a number of significant projects for DND and the Canadian Coast Guard, Irving Shipbuilding is currently competing to be selected by the Federal Government to build and maintain Canada's fleet of combat vessels for the next 30 years. The company's commitment to health, safety and care for its employees and the environment is an integral part of its business.

We are currently recruiting for the following positions:

MANAGEMENT, TECHNICAL, ADMINISTRATION
- Production Supervisors :
  Steel - Pipe - Electrical - Welding - Paint/Blast - Mechanical - Outfit
- Ship Manager
- Project Manager
- Engineering Manager
- Schedulers
- Planners

TRADESPEOPLE with skills as follows:
- Welders (4 position SMAW and FCAW)
- Ironworkers
- Sheet Metal
- Painters / Blasters
- Burners

Experience in shipbuilding, ship repair or closely related work is considered an asset.

Qualified applicants may send a resume to:
www.jdirving.com/careers

Irving Shipbuilding Inc. is an Equal Opportunity Employer

RADICAL ROADTRIP REQUIREMENTS

WHAT BETTER WAY TO STICK YOUR NECK OUT, BOND WITH MATES AND EXPLORE CANADA!

Since you're so awesome, Obikwa wants to help you stick your neck out and ride the bus to fun...
WIN a $500 VISA GC each week for the month of August to help you get there. If you like the idea of that go to
www.markanthony.com/contests/OBiKWA
and share your own Radical Roadtrip Requirements for a chance to win!

Sauvignon Blanc
Known as an ideal summer patio wine, our Sauvignon Blanc boasts a crisp tropical fruit taste with an influence of gooseberries and a hint of fig. It makes a great companion to fish and poultry dishes.

$10.99 Suggested Retail

Shiraz
This rich and full-bodied Shiraz is dark ruby in colour and abounds with aromas of ripe plums, berries and subtle oak spices. It's the ideal accompaniment to veal, poultry or red meat dishes and although ready to be enjoyed now, this wine also has a maturation potential of 3-4 years.

$10.99 Suggested Retail

Like us at www.facebook.com/Obikwa

Contest runs from July 28, 2011 until August 27, 2011.
Must be of legal drinking age to enter. Please enjoy responsibly. No purchase necessary.

OBiKWA
GO ON. STICK YOUR NECK OUT.

2011 CLEARANCE

NISSAN

0% FINANCING FOR 84 MONTHS

ON MOST REMAINING 2011 MODELS

UP TO $2,500 IN GAS! WITH PURCHASE

2011 TITAN CREW CAB 4X4

0% FINANCING FOR 84 MONTHS

OWN FOR $214 /BW ZERO DOWN

stk# 110790

$41,478

$29,478 cash discount

2011 ALTIMA COUPE S

LAST ONE!!!

AUTO MOONROOF

0% FINANCING FOR 84 MONTHS

OWN FOR $182 /BW ZERO DOWN

$30,543

-4,000 cash discount

$26,543

stk# 110304

2011 FRONTIER CREW CAB 4X4 SV

0% FINANCING FOR 84 MONTHS

OWN FOR $208 /BW

$37,143

-8,000 cash discount

$29,143

stk# 110462

2011 MURANO S

AWD

0% FINANCING FOR 84 MONTHS

OWN FOR $213 /BW ZERO DOWN

$36,148

-2,000 cash discount

$34,148

stk# 110192

2011 MAXIMA SV SPORT

0% FINANCING FOR 84 MONTHS

OWN FOR $238 /BW ZERO DOWN

$43,470

-5,000 cash discount

$38,470

stk# 110348

payments based on finance price, plus taxes and fees, Altima 84 months / 0%, Quest 84 months/3.9%, Frontier, Titan and Maxima 84 months/0%, all payments O.A.C

sunridgenissan.com

403-705-8415 AMVIC LICENSED

SUNRIDGE NISSAN

3131 32nd Ave NE

Outing cheaters,

- Cheaterville.com allows users to accuse others of infidelity
- Website currently has 10,000 profiles of alleged heartbreakers

For those with an itch to cheat, there's a new reason to think twice before sneaking around. Unless you want to risk being outed online.

Cheaterville.com, a U.S.-based website that made its way to Canada last month, allows anonymous users to post stories accusing friends, enemies, coworkers, ex-lovers and acquaintances of infidelity.

The site currently has about 10,000 profiles of alleged cheaters, which include full name, age, hometown, marital status, photos and other information.

The infidelity stories are not verified but that doesn't worry founder and CEO James McGibney.

"There's lots of things on the Internet and not everything is validated. At the end of the day, it's up to the person who's reading the post to determine whether it's true or not," said McGibney, noting that the site is moderated and posts with nude photos, personal phone numbers or credit card information are not allowed.

McGibney launched the site on Valentine's Day in Las Vegas and it has been gaining popularity since then.

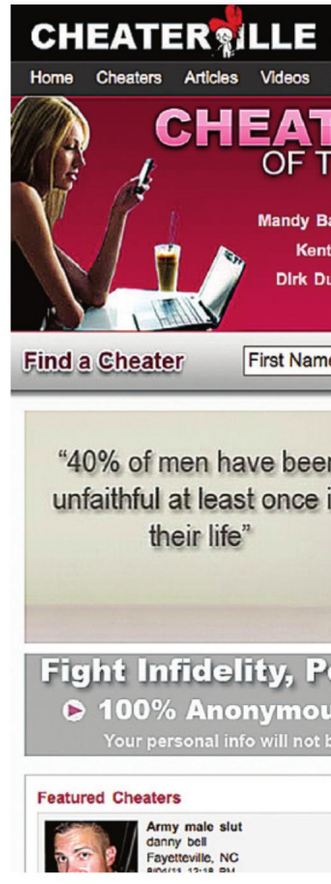
A former U.S. marine, McGibney says he decided to start Cheaterville.com after a fellow marine found out his wife had been cheating on him during his deployment. Less than six months later, the site gets about 250,000 hits on a slow day, and McGibney hopes that it will soon reach a solid five million weekly hits.

Critics, however, argue the site provides angry exes with an outlet to spread false information, ruin careers and break up families.

One Canadian listed on Cheaterville.com, who wished to remain unnamed, denied the accusations and said the site has no business publicizing private matters. The allegations could cause their family enormous distress and ruin their professional reputation, the accused added.

But McGibney said he is not concerned about protecting the reputations of cheaters or worrying whether a cheater's employer will discover their indiscretions and fire them.

"You absolutely get what you deserve. We're here for the people who have been cheated on, not the cheaters. I don't care about the cheaters," he said. "In my opinion, it serves them right if something like that happens to them." MARIANA IONOVA



"You absolutely get what you deserve. We're here for the people who have been cheated on, not the cheaters."

JAMES MCGIBNEY, CHEATERVILLE.COM FOUNDER AND CEO

I signed deals while drunk, says mayor

The mayor of a town in New Mexico says he was drunk when he signed nine contracts with a California company that is now suing the city for $1 million, according to a deposition in the case.

"The day I signed, I had way too much to drink. It was after 5 p.m. and I signed it (the contracts) and I didn't know what I was signing," Sunland Park Mayor Martin Resendiz wrote in response to questions from lawyers for the architectural design firm Synthesis+. "My sister had to pick me up."

The lawsuit claims the company is owed $1 million for work performed under the nine contracts, according to a report Thursday in the Albuquerque Journal. Sunland Park contends the contracts were not valid because they weren't approved by the city council.

Resendiz is a former El Paso, Texas, police officer and Sunland Park municipal judge. He has been mayor since March 2008 and has said he plans to seek the Democratic nomination to challenge Republican U.S. Rep. Steve Pearce. THE ASSOCIATED PRESS

1 profile at a time

▶ A screenshot of Cheaterville.com's home page.

Wrongly accused? Tough luck

If you do by chance find yourself wrongly accused on Cheaterville.com, don't expect the website to take the post down.

Founder James McGibney says they don't play judge or jury. "We don't decide whether we believe that someone's telling the truth about an alleged cheater or not," he said.

According to Internet and defamation lawyer Gil Zvulony, if the accusations are both false and damaging, it could become a libel suit. But suing the website might not get you very far. While the defamation laws in Canada are different from the U.S.'s, Zvulony says the legalities aren't clear.

"It's certain in the U.S. they're immune from liability, it's uncertain in Canada," he said. "The law is completely different here, it's sort of uncharted territory. The law is not clear where websites may be liable or not." **PHOEBE HO**

Happy 50th birthday, Mr. President

With the arduous debt talks behind him, President Barack Obama celebrated his 50th birthday at the White House on Thursday with a Rose Garden party, a toast from his senior staff and some good-natured ribbing from his wife.

After spending the morning of his milestone birthday working in the Oval Office, the president headed to the Blue Room of the White House for a celebration with top aides. Later, Obama was celebrating with family and friends, including some who came in from his hometown of Chicago, in the Rose Garden.

Even on her husband's birthday, Michelle Obama couldn't resist poking fun at his greying hair. In a campaign email — subject line "Gray Hairs" — the first lady asked supporters to sign an electronic birthday card for the president, and said she knows the reason for his salt-and-pepper hair.

"I see Barack make choices he knows will affect every American family. That's no small task for anyone — and more proof that he's earning every last one of those grey hairs," she wrote. **THE ASSOCIATED PRESS**

Long Distance
LOWEST LONG DISTANCE RATES TO THE WHOLE WORLD
GUARANTEED!
Make Long Distance and OverSeas Calls From your
Home or Cell Phone
At our GUARANTEED LOWEST RATES!
3.9 ¢/min
5.9 ¢/min
7.9 ¢/min
1.9 ¢/min
7.9 ¢/min
4.9 ¢/min
Bangladesh
Iran
Lebanon
Romania
Ukraine
Vietnam
Australia 1.9 ¢/min
Bosnia 13.9 ¢/min
China 1.9 ¢/min
Colombia from 3.9 ¢/min
Cuba 89.9 ¢/min
El Salvador 9.9 ¢/min
Germany 1.9 ¢/min
India 2.9 ¢/min
Israel 1.9 ¢/min
Italy 1.9 ¢/min
Lebanon 7.9 ¢/min
Mexico from 1.9 ¢/min
Pakistan 5.9 ¢/min
Philippines 11.9 ¢/min
Poland 1.9 ¢/min
Russia from 1.9 ¢/min
South Korea 2.9 ¢/min
Sri Lanka 9.9 ¢/min
Trinidad 4.9 ¢/min
U.A.E 14.9 ¢/min
U.K 2.9 ¢/min
Vietnam 4.9 ¢/min
Serbia 7.9 ¢/min
If the country you call is not on this list or our advertised rates are higher than what you are currently paying... that's no problem. Call today and we'll beat what you're paying with your current provider... GUARANTEED!
Unlimited Canada
Unlimited Calling to Anywhere in
CANADA
Available on your home or cell phone.
$5 /month
1 cent to INDIA
Calling India at only 1 cent per minute.
(Land and mobile included).
$10 /month 1000 Minutes per Month = 1¢
1¢ /MIN
403-451-5801
comwave
www.comwave.ca
While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. The India 1000 Bundle carries a monthly fee of $2.95. Bundles cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Minutes in excess of 1000 minutes will be billed at our lowest rate guaranteed. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply, see www.comwave.net for details.

PAUL SANCYA/THE ASSOCIATED PRESS

▶ A worker moves a door into position for a 2012 Chevrolet Volt at the General Motors Hamtramck Assembly plant in Hamtramck, Mich.

That's one heckuva Caddy shack

◐ GM upgrading Oshawa plant to roll out new Cadillacs next year ◐ Says plant is critical in transformation of the fabled luxury car

General Motors will invest $117 million to refit its assembly plant in Oshawa, Ont., to build the new Cadillac XTS next year.

GM said Thursday that the move will create or save 400 jobs on the flexible assembly line in Oshawa, site of the company's Canadian headquarters and main car-making operations.

The plant has had major changes in the past year, with new vehicle models and expanded production that has added two shifts and 1,300 jobs. It builds many GM models, from the Impala and Camaro to the Chevrolet Equinox and Buick Regal, and employs more than 4,500 people.

A fine line

- **The GM announcement** "delighted" Canadian Auto Workers president Ken Lewenza, though he was less certain it would add jobs at the plant in the short term.
- **He said when a new** vehicle is introduced, "more days than not it's to replace another and your objective is to increase the (sales) volume."

The Cadillac XTS is being designed to compete against other luxury cars, a highly competitive market. Production is planned to start next year.

General Motors Co. said Thursday that its second-quarter profit nearly doubled to $2.5 billion US as it got higher prices for its cars and trucks worldwide.

GM Corp. and its Canadian subsidiary were bailed out by the U.S., Canadian and Ontario governments two years ago.

THE CANADIAN PRESS

Air Canada fined for 'deceptive' advertising

Air Canada has been fined $50,000 US by the U.S. Department of Transportation for violating "deceptive price advertising" rules in online ads.

"When passengers buy an airline ticket, they have a right to know how much they will have to pay," U.S. Transportation Secretary Ray LaHood said in a news release Thursday announcing the fine.

The government agency found that Canada's largest carrier displayed ads on its websites in early 2011 that didn't disclose taxes and fees tacked onto advertised fares.

Consumers who clicked on the ads were taken to Air Canada's website but could not find details of the additional taxes and fees unless they scrolled down to the fine print at the bottom of the page, the department said.

Fare game

- **Air Canada will continue** to attempt to raise fares and trim costs to absorb higher fuel prices.
- **Fuel costs surged by 40 per** cent from a year ago and are expected to add about $800 million to the airline's operating expenses this year.
- **Air Canada and rival** WestJet have already implemented price increases to maintain profitability.

Transportation Department rules require that any U.S. or foreign carrier that advertises a price for air transportation to state the full price to be paid by the consumer, including all carrier-imposed surcharges.

The only exception is passenger facility charges, which may be stated separately, but must be clearly disclosed in the ad.

Beginning in January, carriers will be required to include all government taxes and fees in advertised fares.

THE CANADIAN PRESS

WestJet profits triple

WestJet second-quarter profits more than tripled as higher fares and cost controls offset higher fuel prices, the Calgary-based airline said. WestJet profits were $25.6 million, up 274.7 per cent from net earnings of $6.8 million in the same 2010 quarter. Revenues were up 21.4 per cent at $742.3 million. However, WestJet shares lost 38 cents to $13.85 Thursday as world markets tumbled.

THE CANADIAN PRESS

Stocks fall, fear sets in

Stock markets took a hammering Thursday as investors saw more evidence that a serious economic slowdown may be underway. The Toronto stock exchange plunged 435.89 points to 12,380.13, its biggest one-day decline since June 2009. New York markets also fell hard, with the Dow Jones industrial average tumbling 512.76 points to 11,383.68. Reports show U.S. manufacturing, consumer spending and hiring are below healthy levels.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. THURSDAY

TSX	Dollar
- 435.89 (12,380.13)	- 1.80¢ (102.09¢ US)
Oil	**Natural gas** 1,000 cu ft $3.941 US (- 14.9¢)
- $5.30 US ($86.63 US)	**Gold** contract $1,659 US (- $7.30)

Alberta Security Training Academy

Security Guard Training
Licensed by the Solicitor General & Ministry of Public Security
• Alberta Basic Security Training
• PPCT • First Aid/CPR
• Private Investigation Course
Now booking for evening courses

PLEASE CALL 403-453-1186
www.albertasecuritytrainingacademy.ca
info@albertasecuritytrainingacademy.ca

FREE IMMIGRATION SEMINAR

DO YOU WANT TO APPLY FOR PR, AINP OR EXPERIENCE CLASS UNDER THE NEW IMMIGRATION LAWS? DO YOU NEED TO RENEW YOUR LMO OR WORK PERMIT OR SPONSOR FAMILY? ARE YOU IN NEED OF RESTORING YOUR STATUS IN CANADA? ARE YOU AN EMPLOYER LOOKING FOR FOREIGN WORKER SOLUTIONS?

Edmonton - 14th Aug, 11am - Quality Inn West Harvest, 17803 Stony Plain Rd
Calgary - Aug 20th, 10am - Quality Hotel Airport, 4804 Edmonton Trail NE
Bonnyville - Aug 15th, 11:30am - Family & Comm. Support Svcs. (Gym), 4714 - 48th St.
Ponoka, Red Deer and area - Aug 18th (by appointment).
Email: annarbour@annarbour.com - to reserve a seat, walk-ins welcome.

Sharmila Perera, *(Certified Immigration Consultant License ICCRC #417167)*

1.877.612.1222
www.annarbour.com
Event Sponsor - Shirley Davis Mortgage Advisor Scotiabank - 780.298.5042

TOYOTA

BIG SELECTION & SAVINGS

FACTORY AUTHORIZED SAVINGS

GET SUPER LOW **0% FINANCING***

OR CHOOSE UP TO **$6,000 FACTORY REBATES***

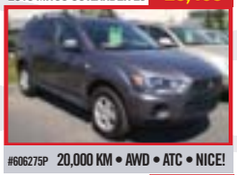
CANYON CREEK TOYOTA
20 Years

2010 COROLLA CE AUTO $15,888

#323273P 38,700 KM • PW • PL • ATC

2010 MATRIX AUTO $15,888

#337245P 34,800 KM • A/C • POWER GRP

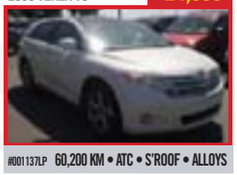
2010 MITSU OUTLANDER ES $20,480

#606275P 20,000 KM • AWD • ATC • NICE!

2009 NISSAN ALTIMA 2.5 $18,888

#127101P 70,555 KM • LEATHER • SUNROOF

2009 SIENNA CE AUTO $19,888

#285698LP 81,000 KM • KEYLESS ENT. • ABS

2009 VENZA V6 $24,988

#001137LP 60,200 KM • ATC • S'ROOF • ALLOYS

2008 FORD FOCUS $8,980

#262025T 77,011 KM • SE COUPE • LOADED

2008 NISSAN FRONTIER $23,890

#434986P 56,000 KM • NISMO • 4X4 • KING

2008 TACOMA SR5 4X4 $29,980

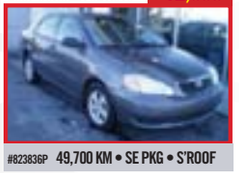
#493679T 38,200 KM • LOADED • 6 SPD •

2007 COROLLA CE $10,980

#810503P 88,000 KM • A/C • 5-SPD • 1 OWNER

2007 YARIS SEDAN $9,980

#032903T 89,000 KM • 5 SPEED • 1 OWNER

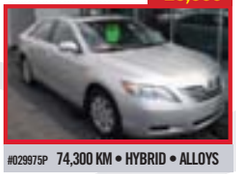
2007 COROLLA CE AUTO $12,980

#823836P 49,700 KM • SE PKG • S'ROOF

2007 MAZDA 3 GT $16,980

#723342P 59,200 KM • SPORT W. LEATHER!

2007 SUBARU IMPREZA $16,988

#801373T 67,800 KM • AWD WAGON • NICE!

2007 TOYOTA CAMRY $20,888

#029975P 74,300 KM • HYBRID • ALLOYS

2007 PONTIAC VIBE AUTO $12,900

#438892LP 78,500 KM • A/C • PWR. GROUP

2007 TOYTOA RAV4 $19,988

#16767T LIMITED • SUNROOF • ALLOYS

2007 CAMRY LE AUTO $15,980

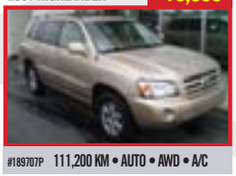
#060951P 85,000 KM • SUNROOF • PWR. SEAT

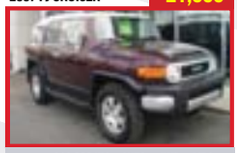
2007 VOLVO V50 WAGON $18,980

#324661T 63,000 KM • AUTO • ALLOYS NICE!

2007 RAV4 LIMITED 4X4 $18,988

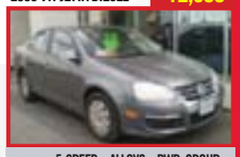
#073370LP 75,400 KM • PW/PL • ALLOYS • A/C

2007 HIGHLANDER $19,988

#189707P 111,200 KM • AUTO • AWD • A/C

2007 FJ CRUISER $21,888

#067150P 111,000 KM • AUTO • 4WD • MP3

2007 TACOMA SR5 4X4 $26,900

#040821BLP 82,900 KM • DBL. CAB V6 • TRD

2006 VW JETTA DIESEL $12,900

#752571T 5-SPEED • ALLOYS • PWR. GROUP

2007 DODGE DAKOTA $13,888

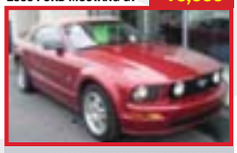
#105551P 69,000 KM • SLT • V8 • SPORT PKG.

2007 SOLARA $18,888

#065651T 40,500 KM • LOADED • LEATHER

2006 ACURA TSX $19,988

#801078T 68,600 KM • LEATHER • SUNROOF

2006 FORD MUSTANG GT $19,888

#251725 51,000 KM • CONVERTIBLE • LOADED

2006 SIENNA LE $19,988

#508254T LOADED • ALLOYS • PWR DOORS

2006 FORD ESCAPE 4X4 $13,888

#A10271T1 101,300 KM • XLT • LEATHER • NICE

2003 HYUNDIA SANTA FE $9,900

#493659T 138,000 KM • AWD • LOADED • NICE

2005 CHRYSLER SEBRING $11,900

#649597T 43,000 KM • CONVERTIBLE • NICE!

2004 VW JETTA GLS $9,980

#076777T1 118,100 KM • AUTO • SUNROOF

2004 TOYOTA RAV4 AWD $12,980

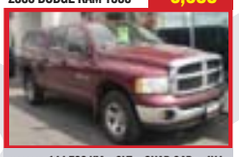
#002659T 91,000 KM • 5-SPD • A/C • CRUISE

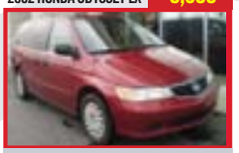
2008 DODGE GR. CARAVAN $18,988

#677900P 58,800 KM • PW SEAT • REAR AC

2003 PONTIAC SUNFIRE $5,900

#119684T 131,100 KM • COUPE • A/C • CD

2003 DODGE RAM 1500 $9,900

#628619T 144,700 KM • SLT • QUAD CAB • 4X4

2002 HONDA ODYSSEY LX $6,900

#011356T 234,200 KM • V6 • FULLY INSPECTED

2004 TOYOTA HIGHLANDER $12,980

#003544T • LIMITED, • ALLOYS • SUNROOF

2000 TOYOTA SOLARA $7,900

#794456T1 • 2DR • LEATHER •NICE!

2000 CHRYSLER CONCORDE $4,980

#172591T 140,100 KM • V6 • 1 OWNER

1997 TOYOTA RAV4 AWD $7,980

#152603T 150,000 KM • NICELY EQUIPPED

Corner of MacLeod Tr S and Canyon Meadows Dr SE

403-278-6066

www.CANYONCREEKTOYOTA.com

CONSUMER CHOICE AWARD 2011

*PLEASE READ- ALL OFFERS OAC. 0% AND $7,000 FACTORY REBATE OFFERS APPLY TO NEW TOYOTA MODELS ONLY. ALL PRICES EXCLUDE TAXES AND FEES. LIMITED TIME OFFERS. INVENTORY ACCURATE AT TIME OF PUBLICATION. VEHICLES MAY NOT BE EXACTLY AS DEPICTED. SEE DEALER FOR FULL DETAILS.

SOME DO GOOD DEEDS, OTHERS CLOSE LIBRARIES

THE METRO LIST

NEIL MORTON
METRO

1 People For Good: The People For Good campaign running in large cities in Canada on transit shelters, buses, billboards and the like encourages people to, well, do good. The brains behind it have no ulterior motives, they just wanted to start a positive social movement. Check out their website, peopleforgood.ca or download their People For Good iPhone app. Then go out and do good.

2 Ashley Picks ... J.P.!: So J.P. proposed and Ashley said "Yes!" on the Bachelorette finale Monday. Only time — or the "dot dot dot" (thanks Bentley) — will tell whether they make it to the altar, as the batting average of couples who actually stay together from past Bachelor seasons is something like .150.

3 Atwood for Mayor: A public feud between Margaret Atwood and Toronto Coun. Doug Ford (Mayor Rob's older bro) that began over public libraries (he wants to close branches to save $$$; she says no way) has led Atwood supporters to begin a cheeky, viral "Atwood for Mayor" campaign on social media and around Toronto. Atwood's not biting: "Noo, not running for Mayor.. too old. Used to think Too Ignorant, but that hasn't stopped some. :D Appreciate the kind thoughts however!" she tweeted out to her 235,000 followers.

4 Kings of Leon in trouble?: Frontman Caleb Followill walked off the stage in Dallas last weekend, citing heat exhaustion, and didn't return. In an act of commendable transparency, his brother, bassist Jared, sent out a couple tweets: "Dallas, I cannot begin to tell you how sorry I am. There are internal sicknesses & problems that have needed to be addressed. No words", and "I love our fans so much. I know you guys aren't stupid... There are problems in our band bigger than not drinking enough Gatorade." The band has cancelled the rest of its U.S. tour., and apparently wants Caleb to go to rehab to address his drinking problems.

5 The Change-Up opens: This body-switching comedy starring Jason Bateman and Canada's Ryan Reynolds starts Friday, with Bateman playing an overworked lawyer, hubby and dad, and Reynolds a single man-child. Think an alpha-male version of Freaky Friday on steroids, and you've got a couple of escapist hours of outrageous, over-the-top LOL high jinks.

6 MTV turns 30: MTV turned 30 earlier this week and for a time had the impact on the music industry that Rolling Stone magazine did when it launched in 1967. In recent memory, of course, it has become much more about pop culture than the music, but college kids still want their MTV. They just watch it while also listening to iTunes and checking out YouTube videos.

7 Neil Armstrong: Happy 81st birthday to the first man to walk on the moon, on July 20th, 1969. To celebrate, since Mr. Armstrong shares a birthday with Adam Yauch from the Beastie Boys, may we suggest a listen of Intergalactic?

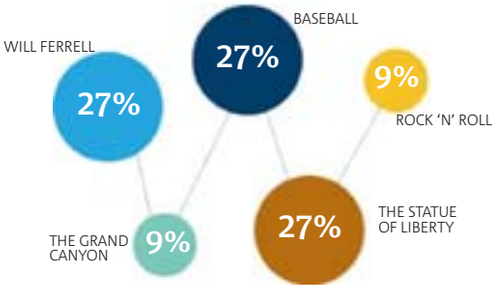
8 Robbie Alomar: His No. 12 is now hanging from the rafters at Rogers Centre after being retired. Hope the next celebration he can be a part of is another Jays World Series. 2012 will be their year.

Follow Neil Morton on Twitter (@neilmorton).

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

If you were the U.S.'s biggest creditor, what's the first thing you'd repossess in the event of a debt default?



Local tweets

- **@rrickey:** Anyone have the presale promo code for Feist in #yyc ?
- **@MalcolmKnoll:** Damn, northbound Deerfoot at the calf robe bridge. You get me every time! #yyc
- **@mardagras2011:** Thanks to our city for making street festivals possible! Love our municipality! #yyccc
- **@GuySmiley50:** Really? Really? Being followed by an ad? What could I possibly tweet that would help you? Oh, I'm not going to follow back. #yyc #Calgary
- **@tito_danger:** New to twitter...getting my feet wet. Looking for some Oiler fans in Calgary.
- **@yamnamirza:** Food drive in #calgary for somalia. Tweet back at me if you want to be part of it
- **@jdcoulter:** New exhibits are going in at the New Science Centre here in Calgary. Got to see them installing yesterday in the Open Studio. Looks great!
- **@Sean_in_Calgary:** A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort. #yyc #calgary

Worth Mentioning

JERRY LEWIS. Comedian Jerry Lewis and the Muscular Dystrophy Association aren't saying why they're fully parting ways after 45 years and raising more than $1 billion for the non-profit through its annual telethon.

But the 85-year-old comedian told reporters last week that he plans to hold a press conference the day after this year's telethon to talk about what he thinks is important.

When pressed by a reporter about his role with the telethon, Lewis said: "It's none of your business."

The association announced Wednesday that Lewis was no longer its national chairman and he would not appear on the telethon this year.

In May, Lewis said in a statement issued through the association that he would make his final appearance on the telethon this year and sing You'll Never Walk Alone during a six-hour primetime broadcast scheduled for Sept. 4.

When asked what he'd have to do to be satisfied with his life, Lewis said: "Get the cure for muscular dystrophy, then I'm fine."

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

You don't need to get a bee in your bonnet, but ...

It was a traffic accident with an added sting.

RCMP officers had to close an Alberta highway Thursday after a truck carrying honey bees rolled into the ditch.

Mounties say the contents of 104 hives spilled onto both sides of the two-lane road southeast of Edmonton.

Police say the accident happened when one of the truck's wheels dropped over the highway's shoulder into the ditch. The flatbed rolled onto its side and skidded several hundred metres when the driver over-corrected in his attempt to get the wheel back on the road.

The owner of the bees arrived on the scene and advised the fire department to spray a mixture of water and foam. RCMP say that killed a lot of the buzzers and brought the situation down to a "manageable level."

The owner also arranged for several of his workers to help clean up. The surviving hives where loaded into two separate vehicles and taken back to their home.

The escapees are European honey bees, which aren't nearly as aggressive as potentially deadly African honey bees, which are known to pursue, swarm and sting. THE CANADIAN PRESS

metro
METRO CALGARY • Unit 120, 3030 - 3 Avenue NE, Calgary, AB • T2A 6T7 • T: 403-444-0136 • Fax: 403-539-4940 • Advertising: 403-444-0136• adinfocalgary@metronews.ca • calgary_distribution@metronews.ca • Publisher Steve Shrout, Managing Editor Darren Krause, Advertising Sales Manager Chris Mackie, Distribution Manager Dave Mak • METRO CANADA: President & Publisher Bill McDonald, Editor-in-Chief Charlotte Empey, National Deputy Editor Fernando Carneiro, Managing Editor, News and Business Amber Shortt, Scene/Life Editor Dean Lisk, Managing Editor, Night Production Matt LaForge, Associate Managing Editor, News and Business Kristen Thompson, Art Director Laila Hakim, Business Ventures Director Tracy Day, National Sales Director Peter Bartrem, Interactive/Marketing Director Jodi Brown

COME JOIN METRO AT MARDA GRAS 2011 IN MARDA LOOP

QUD SPONSOR OF THE

2011 MARDAS GRAS

SUNDAY AUGUST 7TH FROM 10AM TO 5PM

metro

MARDA GRAS FESTIVAL MAP

Join us for our first ever TREASURE HUNT for your chance to win hundreds of dollars in prizes!

22 ST. SW

21 ST. SW

MARDA GRAS DOG CONTEST

Union Station Outdoor Patio

Kuwinda Treasure Hunt Enter-to-Win Booth

Sophia Models Int'l Model Search

METRO/MARDA GRAS INFO TENT

metro

Arts & Culture AUCTION

OPTIMUM ENTERTAINMENT STAGE

33 AVENUE SW

LOST KIDS

33 AVE SW

ATCO GAS ENTERTAINMENT STAGE

Red Tree Outdoor Patic

KIDS' QUARTER in Support of Kidsport

GET FIT IN THE LOOP

19 ST. SW

Rest/Shelter Area St. Peter the Aleut Orthodox Church VISIT US!

Rest Area

FEATURE AREAS

- Treasure Hunt, brought to you by Kuwinda
- Optimum Entertainment Stage, brought to you by Optimum Dentistry
- ATCO Gas Entertainment Stage, brought to you by ATCO Gas
- Marda Gras Dog Contest, brought to you by Marda Loop Veterinary Centre
- Kids' Quarter, in support of Kidsport Calgary
- Eco Alley, brought to you by REAP
- Arts & Culture Silent Auction
- Model Search, brought to you by Sophia International Models
- Metro Info Tent, brought to you by Metro News
- Lost Kids
- Get Fit in the Loop, brought to you by SUBWAY® restaurants and Healthy for Life Programs

34 AVENUE SW

Original Joe's Outdoor Patio

The sights and sounds of New Orleans Jazz, Rhythm & Blues. Street level acts, authentic zydeco music and a variety of cultural performers and about 200 vendors, including several of Marda Loop's unique businesses line the ten blocks of the event, offering choices from Creole and Cajun cuisine to home and gift ideas. A few street-side cafes make this a family event for everyone to enjoy!

FREE Parking/FREE Shuttle Bus, The Military Museums (4520 Crowchild Trail SW)

21 ST. SW

20 ST. SW

19 ST.

ATCO Gas
metro
sophiamodels international
OPTIMUM dentistry
90.3 AMP RADIO ALL THE HITS
MARDA LOOP Veterinary Centre
CALGARY 90.9 FM cjsw
SUBWAY
kuwinda
Healthy for Life Programs
efc communications & Julie Vincent Photography
UNION STATION
Lorna Fraser GRAPHIC DESIGN
West17media
REAP RESPECT FOR THE EARTH AND ALL PEOPLE
PATTISON
Red TREE
Mací
SHUGARMAN
PARK
ORIGINAL JOE'S RESTAURANT + BAR
Dr. Wendy M. Jackson Dr. Rachel Bogle DENTISTS
STARBUCKS COFFEE
SOUTHLAND
MACCON incorporated
Coca-Cola Refreshments
Heavens elevated fitness
THE MILITARY MUSEUMS
SkyFire Energy Solar Energy Systems
Rangeland EVENT & RESTROOMS 1(877)525-7787

KIDS' QUARTER

In support of KidSport

- Creative Expressions Mural
- Nicole and Kate's Face Painting (all day)
- Just Kidding Entertainment Balloon Twister and Face Painter (mid day)
- Wonderful Wally Balloon Twister (mid day)
- Big Splash sponsored by ING Direct
- Giant Bouncy Slide
- Free play sport area with a variety of sporting equipment, including giant basketball hoops and balls
- Marda Gras beads booth
- Mask Making with Kids Help Phone
- Calgary Vipers blow up target
- Chinook Music Kids Class 10:30 and 3:30
- City of Calgary Water Wagon

MARDA GRAS DOG CONTEST

Brought to you by Marda Loop Veterinary Centre

Showtime 1pm on 20th Street and 33rd Avenue.
Dress up your dog and enter to win!
Registration forms at the Marda Loop Veterinary Centre and at their booth on 33rd Ave.

ECO Alley

Brought to you by REAP

Visit us for information and ideas on energy efficiency and environmental stewardship!

MARDA GRAS TREASURE HUNT

Brought to you by Kuwinda

A chance to win hundreds of dollars in prizes by discovering several destinations in the Fest. Get your Enter-to-Win Cards at the Kuwinda booth on 33rd Avenue and 19th Street.

Come Join Us for the Marda Gras Dog Contest!

MARDA LOOP
Veterinary Centre

4016 - 16th Street SW • (403) 243-8873

CJSW 90.9 FM
Featuring the finest sounds of New Orleans
SOUTH LOUISIANA GUMBO – MONDAYS 7-8 PM
JAZZ BABY – TUESDAYS 9–10 PM
Tune into 90.9 FM or listen online at cjsw.com
CALGARY 90.9 FM cjsw

BOOTH! GOING GREEN? CHECK OUT MARDA GRAS' ECOALLEY!

HEALTH CHECK ROAD MAP

Visit our Get Fit in the Loop Feature Area and ENTER TO WIN!!

Visit our Get Fit in the Loop Feature Area and pick up your Health Check Road Map and SUBWAY® restaurants outdoor booth (corner of 20th St. & 33rd Ave.) Visit several of our participating vendors to get a better picture of your personal fitness and wellness starting point. Use this valuable information to get you FIT moving you towards an active, healthy lifestyle – mind, body and spirit - and then Enter to Win!

The first hundred participants will receive a FREE gift card (compliments of SUBWAY® restaurants). All participants will be entered to win the $500 Healthy for Life Prize package. Map of vendors and details at both of these booths.

FREE SHUTTLE BUS/FREE PARKING FOR THE FESTIVAL!

Brought to you by Southland Transportation and The Military Museums

Marda Loop is going green! Walk, cycle, or use Southland Transportation's FREE Shuttle Bus to and from The Military Museum 4520 Crowchild Trail SW where they are offering FREE parking.

2011 Marda Gras Road Race

Saturday, August 6th

1K Walk, 5K Run through Marda Loop

6pm in Marda Loop (start/finish at the Garrison Gate roundabout south of Safeway)

Registration closes 4:30pm. Strides Running Store (3558 Garrison Gate SW)

Draw Prizes! Free food and beverages! Post race Party!

For more info visit: www.mardaloopbrz.ca

ATCO Gas

FIND METRO AT THE MARDA GRAS STREET FESTIVAL AUGUST 7TH FOR A CHANCE TO WIN TICKETS TO CIRQUE DU SOLEIL!

COME VISIT US!

metro

COME JOIN METRO AT MARDA GRAS 2011 IN MARDA LOOP

LOST KIDS' BOOTH

Visit the Lost Kids' Booth on the north side of the Kids' Quarter on 33rd Avenue to receive an I.D. bracelet for your children.

PHOTO MODEL SEARCH

Brought to you by Sophia Models International

Winner will receive an international one-year contract with Sophia Models International.

Discover the Ancient Orthodox Christian Faith Presentations: 1:30 & 2:30 pm

Tour the Orthodox Sanctuary & Learn about Icons: 1pm, 2pm, & 3pm

Seek shelter from sun or rain, in the basement of St. Peters the Aleut Orthodox Church.

ENTERTAINMENT SCHEDULE

Optimum Entertainment Stage

Rick Climans	11:00am - 11:45 am
Rohan Nicholas	12:00 - 1:00 pm
Rick Climans	1:00 pm - 1:45 pm
Oliver Miguel	2:00pm - 3:00pm
Erin Ross Trio	3:30pm - 4:30pm

ATCO Gas Entertainment Stage

Sax Livingstone	12:00 - 1:30pm
William Lynch	2:00 pm - 3:00 pm
Dr. Z and the Boys	3:30 pm - 4:30 pm

Wandering/Street Entertainers

Green Fools Stilt walkers	12:00 - 1:45pm (45 mins each)
Sweet Adelines	12:30 - 2:30 pm
Luv Shack	2:00 pm - 5:00 pm
Buskers	throughout

OPTIMUM
dentistry

Join us at Marda Gras Street Festival s
OPTIMUM ENTERTAINMENT STAGE
for some Jazz, Rythym and Blues!

We are in The Loop!

3511 Garrison Gate SW
403 685 4792

90.3
AMP
RADIO
ALL THE HITS

West17media

sophiamodels
international

Visit our booth today to enter our MODEL SEARCH!
Our booth is located on 33rd Avenue between 21st and 22nd Street, across from Pro Bodies. Enter for a chance to win a free photo shoot and modeling contract!

WWW.SOPHIAMODELS.COM
PHONE 403.228.4948 // E-MAIL info@sophiamodels.com
1322 15 AVE SW, CALGARY AB T3C0X7

Plot synopsis

- In modern day San Francisco geneticist James Franco develops a cure for Alzheimer's which when tested on chimps gives them extraordinary intelligence. When he rescues a baby chimp from his lab after an experiment gone wrong, the ape, named Caesar, uses his newfound smarts to begin a revolution between humans and apes. This ape is mad as hell and he's not going to take it anymore.
- **Ratings:**
  Richard: ◍◍◍
  Mark: ◍◍½

▶ Freida Pinto and James Franco star in Rise of the Planet of the Apes.

Reel Guys

RICHARD CROUSE & MARK BRESLIN
SCENE@METRONEWS.CA

Apes remake lacks soul

Rise of the Planet of the Apes is full of action, but loses the camp appeal of the original ◗ Crouse and Breslin concur: this classic was better left untouched

Richard: Mark, I love Planet of the Apes. I've seen the original and the sequels countless times but I don't think Rise will find its way to my Blu ray shelf. I liked the action and some of the monkey business was very cool, but honestly, I wish they would have kept their stinking hands off my beloved damn dirty apes.

MB: Yes, Richard, one tinkers with a masterpiece at one's own peril. And I can't help but miss the elements that made the original franchise so great, mostly the heavy-handed irony, satiric wit, and that the apes talked!!! These apes are just too real, grunting away like a bunch of...apes. Although, even the CGI isn't perfect. In some shots, Caesar, the lead ape, looks like an overgrown Beanie Baby.

RC: I thought Andy Serkis's performance-capture work as alpha ape Ceasar was both one of the movie's strengths and weaknesses. No doubt his facial expressions, particularly the use of his eyes, add much to the character but the computer generated imagery used to bring Caesar to life, while often impressive, lacks an organic feel. The Roddy McDowell era apes were obviously fake — sometimes painfully so — but somehow they had more soul.

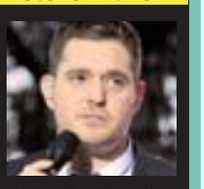
MB: I don't know about you, but I found the story — Science Experiment Gone Awry! — cheesy and derivative, but I did enjoy Caesar's antics in James Franco's house, which were pure kinetic poetry. But I suspect the entire movie exists for the last 20 minutes when the apes run amok in San Francisco. Genuinely thrilling, for me. Did you think Franco is really the reason to see the movie?

RC: No, I don't think Franco or Freida Pinto are reason enough to see the movie. It's all about the monkey business. When the revolution begins the movie kicks into gear and becomes the movie the trailers promised. Some of the action is a bit too showy — since when can apes do martial arts? — but the scene of Caesar on horseback leading the charge against the heavily fortified cops is a real crowd pleaser but for my money it took WAY too long to get to the good stuff.

MB: There's also a lot of hack work in the minor roles: John Lithgow's saintly Alzheimer's patient, the angry next door neighbour, and worst of all, Franco's boss at the research facility — a cardboard villain out of a much cruddier film. The apes had more depth, although perhaps that's the point of the movie.

2 scene

Scene in brief



Michael Bublé will bring a sprinkle of Christmas cheer to television this holiday season. The crooner says he will headline a holiday variety special on NBC in December. The show will be produced by Ben Silverman of The Office and Saturday Night Live mastermind Lorne Michaels.
THE CANADIAN PRESS

Lost Hitchcock film The White Shadow from 1923 discovered in New Zealand

cash casino
... It's A Sure Bet!
$1.99 Breakfast Everyday Until 12:30pm
$2.75 Drink Specials Everyday Until 8pm
Always Tons Of FREE PARKING
4040 Blackfoot Trail SE 403.287.1635

Blige gets personal with The Help

Singer's soundtrack contribution is about moving forward She's doing that by testing her acting chops

DEBBIE LYNN ELIAS
SCENE@METRONEWS.CA

While she's lent her musical talents to films before, Grammy-winning singer Mary J. Blige wanted the Living Proof, her contribution to The Help, to be more than a mere soundtrack listing.

Based on Kathryn Stockett's best-selling novel of the same name, the Help captures the essence of 1960s Jackson, Miss., chronicling the relationships between three very different women who come together around a secret writing project that puts them all at risk.

"I saw a screening of the movie twice," Blige explains.

"At each screening I had my Blackberry and I would write down each time something would make me cry and I would write down when I laughed. By the time we got to the studio, the song was almost written."

And while the song intertwines thematically with the film, it's still an intensely personal piece for Blige. "It means everything to me," she says of the tune. "It means I know exactly where I'm going. I know what lies ahead for me. I know that my journey continues because it's been so rough here that to have any life, I have to have the courage to keep moving."

And moving forward is something Blige excels at, starting with moving from music into acting. Having already made several television and film appearances, most recently in Tyler Perry's I Can Do Bad All By Myself, Blige is currently shooting Rock of Ages.

Describing her casting in the Broadway smash-turned-movie as "a blessing," Blige plays Justice, "a gentlemen's club owner — a very nice strip club owner," she says.

"I have to be the light in a dark place. Normally the person that's always the most bubbly person is the person with the most problems. The person is always smiling. So, that's who Justice is. And that's basically my part. Of course there's singing. I sing and I act."

Blige is taking her new career seriously, working with an acting coach to hone her skills. "I'm improving," she says modestly.

HANDOUT

▶ From left, Emma Stone, Octavia Spencer and Viola Davis star in The Help.

While she says music has given her great confidence in life, "acting is just the opposite. It says to me, 'You've got a lot of work to do. You're blinking. You're stuttering. Keep working on that. Keep working on your confidence.'"

And where does she hope that growing confidence will take her? Ideally into a Steven Spielberg film. "If he ever does a huge movie, I would love for him to call Mary J. Blige to be one of the African-Americans in the film," she says. "That's a big deal."

#1 MOVIE IN CANADA!
THE SMURFS
IN 3D AND
real D 3D
COLUMBIA PICTURES AND SONY PICTURES ANIMATION PRESENT A KERNER ENTERTAINMENT COMPANY PRODUCTION A FILM BY RAJA GOSNELL "THE SMURFS"
NEIL PATRICK HARRIS JAYMA MAYS SOFIA VERGARA AND HANK AZARIA AS GARGAMEL
MUSIC BY HEITOR PEREIRA
EXECUTIVE PRODUCER EZRA SWERDLOW
BASED ON THE CHARACTERS AND THEIRS BY PEYO
STORY BY J. DAVID STEM & DAVID N. WEISS
SCREENPLAY BY J. DAVID STEM & DAVID N. WEISS AND JAY SCHERICK & DAVID RONN
PRODUCED BY JORDAN KERNER
DIRECTED BY RAJA GOSNELL
SONY PICTURES animation
G
3D
COLUMBIA PICTURES
SmurfHappens.ca
NOW PLAYING
Check Theatre Directory or SonyPicturesRereleasing.ca for Locations and Showtimes
IN THEATRES IN 2D, 3D AND real D 3D
SONY
make.believe

ONE OF THE BEST REVIEWED COMEDIES OF THE SUMMER
FRIENDS WITH BENEFITS
CASTLE ROCK
14A SEXUAL CONTENT & COARSE LANGUAGE
FriendsWithBenefits-Movie.ca
NOW PLAYING
Check Theatre Directory or SonyPicturesReleasing.ca for Locations and Showtimes

LOVE TO PLAY?
Get more Metro puzzles and games on your iPhone with the FREE Metro Play app – updated daily!
Available on the App Store
metro play
play FREE!

Movie reviews See it twice | See it now | Worth watching | Yawn | Don't bother

The Change Up
Genre: Comedy
Director: David Dobkin
Stars: Jason Bateman, Ryan Reynolds, Olivia Wilde

The Change Up, a new comedy starring Ryan Reynolds and Jason Bateman as best friends who switch personalities, feels as though it switched directors midway through.

The first hour is all gross out — baby endangerment, diaper hijinks and pregnant sex kittens — but into the second hour the characters not only start respecting one another, but the audience as well. It's still pretty outrageous stuff, but it has far more heart than the first half and the "I can't believe they just did that" laughs morph into genuine laughs based on the story and characters.

RICHARD CROUSE

Critics slam Oprah's Academy Award

KEVIN WINTER/GETTY IMAGES

▶ Oprah presents an award at this year's Oscars.

Film academy president Tom Sherak is coming to Oprah Winfrey's defence.

Sherak says Winfrey is "one of the most philanthropic performers in the world" and thus deserving of the academy's Jean Hersholt Humanitarian Award.

The Academy of Motion Picture Arts and Sciences voted Tuesday night to present Winfrey with an Oscar statuette at the annual Governors Awards in November.

Blogs have been abuzz with criticism over the selection of Winfrey.

In an article published Wednesday, Los Angeles Times columnist Patrick Goldstein calls the academy decision "a bonehead-ed move."

Goldstein and Deadline.com's Nikki Finke say Winfrey belongs more to the world of television than film. She was nominated for a supporting actress Oscar for 1985's The Color Purple, produced and appeared in Beloved in 1998 and was an executive producer of 2009's Precious.

Finke asks in her post if "no one among the philanthropic film bigwigs deserved this award more than her this year?"

THE ASSOCIATED PRESS

Through August & September
School Kit Program
School kits make a big difference in the lives of children whose lives have been interrupted by war, disaster and poverty. Help teachers and students in countries such as Haiti, Iraq and Afghanistan by taking home a fabric bag from Ten Thousand Villages (or making your own) and returning it filled with:
• 4 spiral or perforated notebooks
(about 21.5 cm x 27 cm / 8.5" x 10.5" and 70 sheets / 140pages)
• 4 unsharpened pencils
• 1 ruler (flat, flexible plastic; indicating both 30 cm and 12")
• 12 coloured pencils (in packaging)
• 1 large pencil eraser
220 Crowchild Trail, NW 403-270-0631
Hours: Mon-Sat 10-5:30; Thurs until 8
8318 Fairmount Drive, SE 403-255-0553
Hours: Mon-Thurs 10-6; Fri until 8, Sat until 5
www.TenThousandVillages.ca
TEN THOUSAND VILLAGES

THESE PAGES COVER MOVIE START TIMES FROM FRI., AUG. 5 TO THURS., AUG. 11. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

HANDOUT

▶ Ryan Gosling and Steve Carell star in Crazy, Stupid, Love.

CANYON MEADOWS
Bay 110 13226 Macleod Trail, 403-670-5444

The First Grader (14A) Fri-Thu 9:30
Green Lantern (PG) Fri-Thu 12:55-3:55-7:10-9:50
The Hangover Part II (18A) Fri-Thu 12:50-3:35-7:10-10
Kung Fu Panda 2 (G) Fri-Thu 1:30-3:50-6:45
Monte Carlo (G) Fri-Thu 1:15-4:15-7:20-10
Mr. Popper's Penguins (G) Fri-Thu 1:35-4:20-7:05-9:35
Pirates of the Caribbean: On Stranger Tides (PG) Fri-Thu 12:45-4-7-9:45
Super 8 (PG) Fri-Thu 1:05-3:45-7:15-9:55
Thor (PG) Fri-Thu 1:10-4:10-7-9:50
Water for Elephants (PG) Fri-Thu 9:45
X-Men: First Class (PG) Fri-Thu 1-4:05-6:50-9:40
Zookeeper (STC) Fri-Thu 1:25-4:15-6:50

CROWFOOT CROSSING
91 Crowfoot Terrace, 403-547-3316

Captain America: The First Avenger (PG) Fri-Tue 4-7:25-10:25
Captain America: The First Avenger 3D (PG) Fri-Thu 12:15-3:35-6:45-10
Cars 2 (G) Fri-Thu 12:15
The Change-Up (18A) No Passes Fri-Thu 1:40-4:20-7:30-10:30
Cowboys & Aliens (14A) No Passes Fri-Thu 12:30-3:20-7:10-9:50
Crazy, Stupid, Love. (PG) Fri-Thu 1-3:50-7:20-10:05
Friends With Benefits (14A) Fri-Thu 1:10-3:45-7:40-10:20
Harry Potter and the Deathly Hallows: Part 2 (PG) Fri-Thu 2:55-7:15-10:15
Harry Potter and the Deathly Hallows: Part 2: 3D (PG) Fri-Thu 12:10-3:35-6:45-10
The Help (PG) No Passes Wed-Thu 12:05-3:25-6:55-10:10
Horrible Bosses (14A) Fri-Tue 1:20-4-7:40-10:15 Wed 4-7:40-10:15 Thu 1:20-4-7:40-10:15 Star & Strollers Screening Wed 1
Rise of the Planet of the Apes (PG) No Passes Fri-Thu 12:55-3:30-7-9:40
The Smurfs (G) Fri-Thu 12-3-7:05-9:35
Transformers: Dark of the Moon 3D (PG) Fri-Thu 1:45-5-9
Winnie the Pooh (G) Fri-Tue 12:05-2

EAU CLAIRE MARKET
200 Barlay Parade, 403-263-3166

Captain America: The First Avenger 3D (PG) Fri 3:40-7:10 Sat 12:40-3:40-7:10 Sun 12:40-3:40-6:40-9:45 Mon-Thu 6:40-9:45
Cowboys & Aliens (14A) No Passes Fri 4-7:30-10:20 No Passes Sat 1-4-7:30-10:20 No Passes Sun 1-4-7:10-9:55 No Passes Mon-Thu 7:10-9:55
Crazy, Stupid, Love. (PG) Fri 4:15-7:15-10:10 Sat 1:10-4:15-7:15-10:10 Sun 1:10-4:15-7-9:50 Mon-Thu 7-9:50
Harry Potter and the Deathly Hallows: Part 2 (PG) Fri 3:30-6:30-9:50 Sat 12:30-3:30-6:30-9:50 Sun 12:30-3:30-6:30-9:40 Mon-Thu 6:30-9:40
The Help (PG) No Passes Wed-Thu 6:50-10:05
Midnight in Paris (PG) Fri 3:50-6:45-9:40 Sat 12:50-3:50-6:45-9:40 Sun 12:50-3:50-6:50-9:35 Mon-Tue 6:50-9:35
Rise of the Planet of the Apes (PG) No Passes Fri 4:20-7:45-10:30 No Passes Sat 1:20-4:20-7:45-10:30 No Passes Sun 1:20-4:20-7:20-10 No Passes Mon-Thu 7:20-10

EMPIRE STUDIO 16 COUNTRY HILLS
388 Country Hills Blvd., 403-686-8491

Captain America: The First Avenger (PG) SR Dolby Digital, Stadium Seating Fri-Thu 12:20-3:20-6:35-9:30
Captain America: The First Avenger 3D (PG) SR Dolby Digital, Stadium Seating Fri-Thu 12:50-3:55-7:05-10
The Change-Up (18A) Stadium Seating, SR Dolby Digital Fri-Thu 1:55-4:40-7:45-10:20
Cowboys & Aliens (14A) No Passes, SR Dolby Digital, Stadium Seating Fri-Thu 12:40-1:15-3:30-4:05-6:55-7:25-9:40-10:10
Crazy, Stupid, Love. (PG) No Passes, SR Dolby Digital, Stadium Seating Fri-Thu 1:40-4:30-7:15-10:05
Friends With Benefits (14A) SR Dolby Digital, Stadium Seating Fri-Thu 1:45-4:25-7:30-10:10
Harry Potter and the Deathly Hallows - Part 2: An IMAX 3D Experience (PG) SR Dolby Digital, Stadium Seating Fri-Thu 12:30-3:40-7:10-10:15
Harry Potter and the Deathly Hallows: Part 2 (PG) SR Dolby Digital, Stadium Seating Fri-Thu 1-4:20-8
Harry Potter and the Deathly Hallows: Part 2: 3D (PG) SR Dolby Digital, Stadium Seating Fri-Tue 12-3:10-6:40-9:50 SR Dolby Digital, Stadium Seating Wed-Thu 12-3:10-6:45-9:50
The Help (PG) Stadium Seating, SR Dolby Digital Wed 3:25-6:40-9:55 Stadium Seating, SR Dolby Digital Thu 12:10-3:25-6:40-9:55 Stadium Seating, SR Dolby Digital Wed 12:10
Horrible Bosses (14A) SR Dolby Digital, Stadium Seating Fri-Thu 1:10-3:50-7:20-10
Rise of the Planet of the Apes (PG) No Passes, Stadium Seating, SR Dolby Digital Fri-Thu 1:05-1:35-3:45-4:15-7:7:40-9:35-10:15
The Smurfs (G) Stadium Seating, SR Dolby Digital Fri-Mon 12:15-3:15 Stadium Seating, SR Dolby Digital Tue 12:15 Stadium Seating, SR Dolby Digital Wed-Thu 12:15-3:15
The Smurfs 3D (G) Stadium Seating, SR Dolby Digital Fri-Thu 12:45-3:35-6:50-9:20
Transformers: Dark of the Moon (PG) SR Dolby Digital, Stadium Seating Fri-Tue 3-6:30-9:45
Zindagi Na Milegi Dobara (PG) SR Dolby Digital, Stadium Seating Fri-Thu 5:45-9:10

EMPIRE STUDIO 10 MACLEOD TRAIL
100-16061 MacLeod Trail, 403-974-0470

Captain America: The First Avenger 3D (PG) Digital Presentation, SR Dolby Digital, Stadium Seating Fri-Thu 12:20-3:30-6:50-9:45
The Change-Up (18A) SR Dolby Digital, Stadium Seating Fri-Thu 2-4:40-5:45-10:30
Cowboys & Aliens (14A) SR Dolby Digital, Stadium Seating Fri-Thu 1:30-4:20-7:10-10
Crazy, Stupid, Love. (PG) SR Dolby Digital, Stadium Seating Fri-Thu 12:30-3:40-7-9:50
Friends With Benefits (14A) SR Dolby Digital, Stadium Seating Fri-Thu 1-4:10-7:20-10:10
Harry Potter and the Deathly Hallows: Part 2 (PG) SR Dolby Digital, Stadium Seating Fri-Tue 12:3:15-6:40-9:40 SR Dolby Digital, Stadium Seating Wed-Thu 12:10-3:50-6:40-9:40
The Help (PG) Stadium Seating, SR Dolby Digital Wed-Thu 12:3:15-6:45-10
Horrible Bosses (14A) SR Dolby Digital, Stadium Seating Fri-Thu 12:45-3:20-7:40-10:20
Rise of the Planet of the Apes (PG) Digital Presentation, SR Dolby Digital, Stadium Seating Fri-Thu 1:45-4:30-7:30-10:15
The Smurfs 3D (G) Digital Presentation, SR Dolby Digital, Stadium Seating Fri-Thu 1:15-4-6:30-9:30
Transformers: Dark of the Moon 3D (PG) Digital Presentation, SR Dolby Digital, Stadium Seating Fri-Tue 12:10-3:50-8

GLOBE CINEMA
617-8 Avenue, 403-262-3308

Snow Flower and the Secret Fan (PG) Fri 7-9:20 Sat-Sun 1-3:20-7-9:20 Mon-Thu 7-9:20
The Tree of Life (PG) Fri 6:50-9:40 Sat-Sun 12:50-3:40-6:50-9:40 Mon-Thu 6:50-9:40

MOVIEDOME
1039 999 36 St. N.E., 403-248-2000

(STC) Fri-Thu 9
Dil Dareya Samundron Dunge (STC) Fri-Thu 6:30
The Hangover Part II (18A) Fri-Thu 1:10-3:50-7:05-9:50
Jihne Mera Dil Luteya (PG) Fri-Thu 7:30
Kung Fu Panda 2 (G) Fri-Thu 1:05-3:55
Monte Carlo (G) Fri-Thu 12:50-3:35-7-9:45
Mr. Popper's Penguins (G) Fri-Thu 1-3:40-6:45-9:55
Pirates of the Caribbean: On Stranger Tides (PG) Fri-Thu 12:45-4-8
Super 8 (PG) Fri-Thu 12:55-3:45-6:55-9:40
Thor (PG) Fri-Thu 12:45-3:30-6:50-9:35
X-Men: First Class (PG) Fri-Thu 12:40-3:25-6:40-9:30
Zindagi Na Milegi Dobara (PG) Fri-Thu 2

SCOTIABANK CHINOOK
6455 MacLeod Trail, 403-212-8994

Bad Teacher (14A) Fri-Tue 7:25-10:10
Bridesmaids (14A) Fri-Thu 7:30-10:20
Captain America: The First Avenger (PG) Fri-Sun 11:50-3:10-7:10 Mon 11:50-3:10-10 Tue 11:50-3:10-7:10 Wed 11:50-3:10-10 Thu 11:50-3:10-7:10
Captain America: The First Avenger 3D (PG) Fri-Thu 12:45-4-7:20-10:25
Cars 2 3D (G) Fri-Tue 1-4
The Change-Up (18A) No Passes Fri-Thu 12:50-3:50-7:10-10:20
Cowboys & Aliens (14A) No Passes Fri-Tue 12:10-1:10-3:20-4:10-6:50-7:15-9:50-10:15 No Passes Wed 12:10-1:10-3:20-4-6:50-7:15-9:50-10:15 No Passes Thu 12:10-1:10-3:20-4:10-6:50-7:15-9:50-10:15
Crazy, Stupid, Love. (PG) Fri-Wed 1-4:05-7:05-10:15 Thu 4:05-7:05-10:15 Star & Strollers Screening Thu 1
Friends With Benefits (14A) Fri-Tue 1:15-4:20-7:25-10:25 Wed 1:15-4:20-10:25 Thu 1:15-4:20-7:25-10:25
Harry Potter and the Deathly Hallows - Part 2: An IMAX 3D Experience (PG) Fri-Thu 12:30-3:45-7:10:10
Harry Potter and the Deathly Hallows: Part 2 (PG) Fri-Thu 2:30-6-9:30
Harry Potter and the Deathly Hallows: Part 2: 3D (PG) Fri-Thu 12-3:15-7:15-10:30
The Help (PG) No Passes Wed 11:50-3:15-6:45-10:15 No Passes Thu 11:50-3:15-6:45-10:05
Horrible Bosses (14A) Fri-Thu 3:50-7:20-10:10
The Metropolitan Opera: Don Pasquale Encore (STC) Wed 6:30
Rise of the Planet of the Apes (PG) No Passes Fri-Thu 12:40-3:50-7:05-10 No Passes Fri-Thu 11:30-2:10-4:50-7:40-10:40
The Smurfs (G) Fri-Thu 11:30-2:05-4:50
The Smurfs 3D (G) Fri-Thu 12:40-3:40-7:10-10:05
Transformers: Dark of the Moon 3D (PG) Fri-Thu 12-3:30-7-10:30
Winnie the Pooh (G) Fri-Thu 1:05

PLAZA THEATRE
1133 Kensington Rd. N.W., 403-283-3636

Africa United (14A) Tue 7
Horrible Bosses (14A) Fri 9 Sat-Sun 3-9 Mon 9 Tue 9:15 Wed-Thu 9
Last Night (PG) Fri 7 Sat-Sun 1-7 Mon 7 Wed-Thu 7

SUNRIDGE SPECTRUM
2555 32nd Street, 403-717-1200

Captain America: The First Avenger 3D (PG) Fri-Thu 11:30-2:35-7:10-10:15
The Change-Up (18A) No Passes Fri-Thu 1-3:50-7:50-10:40
Cowboys & Aliens (14A) No Passes Fri-Thu 11:50-2:55-6:50-9:35 No Passes Fri-Thu 12:20-3:25-7:20-10:05
Crazy, Stupid, Love. (PG) Fri-Tue 12:05-3:15-7:05-10 Wed 4:10-7:05-10 Thu 12:05-3:15-7:05-10 Star & Strollers Screening Wed 1
Forever and a Day (PG) Fri-Thu 12-3-7:35-10:35
Friends With Benefits (14A) Fri-Tue 12:50-3:45-7:25-10:10 Wed 12:50-3:45-7:25 Thu 12:50-3:45-7:25-10:10
Harry Potter and the Deathly Hallows: Part 2 (PG) Wed 10:30
Harry Potter and the Deathly Hallows: Part 2: 3D (PG) Fri-Tue 12:30-3:35-7:15-10:30 Wed 12:30-3:35-7:15 Thu 12:30-3:35-7:15-10:30
The Help (PG) No Passes Wed-Thu 11:55-3:30-6:55-10:25
Horrible Bosses (14A) Fri-Tue 2:20-5-7:40-10:25
Jihne Mera Dil Luteya (PG) Fri-Thu 12:45-4-7:45
Rise of the Planet of the Apes (PG) No Passes Fri-Thu 12:40-3:40-7:30-10:20 No Passes Fri-Thu 12:10-3:05-7-9:45
The Smurfs 3D (G) Fri-Tue 12:35-3:20-6:45-9:30 Wed 12:35-3:20-6:30-10:15 Thu 12:35-3:20-6:45-9:30
Transformers: Dark of the Moon (PG) Fri-Thu 11:40-3:10-6:30-9:55
Winnie the Pooh (G) Fri-Tue 11:45

THE UPTOWN STAGE & SCREEN
612 8th Ave. S.W., 403-265-0120

Good Neighbours (18A) Fri 4:35-8:40 Sat-Sun 2:40-4:35-8:40 Mon-Thu 4:35-8:40
In a Better World (14A) Fri 6:30-8:50 Sat-Sun 12:15-6:30-8:50 Mon-Thu 6:30-8:50
Potiche (14A) Fri 4:30-6:45 Sat-Sun 12:30-2:30-4:30-6:45 Mon-Thu 4:30-6:45

WESTHILLS 10
165 Stewart Green, 403-246-5291

Captain America: The First Avenger 3D (PG) Fri-Thu 1:30-4:20-7:35-10:30
The Change-Up (18A) No Passes Fri-Thu 1:15-4:10-7:20-10:15
Cowboys & Aliens (14A) No Passes Fri-Thu 12:40-3:25-7-9:50
Crazy, Stupid, Love. (PG) Fri-Thu 1:25-4:15-7:15-10
Friends With Benefits (14A) Fri-Thu 2:10-4:45-7:45-10:25
Harry Potter and the Deathly Hallows: Part 2 (PG) Fri-Thu 12:30-3:30-6:35-9:30
Harry Potter and the Deathly Hallows: Part 2: 3D (PG) Fri-Tue 1-4-7:10-10:20 Wed 1-4-10:20 Thu 1-4-7:10-10:20
Horrible Bosses (14A) Fri-Thu 1:20-3:50-7:25-10:05
Rise of the Planet of the Apes (PG) No Passes Fri-Thu 12:50-3:40-7-9:40
The Smurfs 3D (G) Fri-Thu 12:45-3:10-6:50-9:20
Winnie the Pooh (G) Fri-Thu 12:20

FROM THE DIRECTOR OF WEDDING CRASHERS
AND THE WRITERS OF THE HANGOVER
THE CHANGE-UP
UNIVERSAL PICTURES PRESENTS IN ASSOCIATION WITH RELATIVITY MEDIA AN ORIGINAL FILM/BIG KID PICTURES PRODUCTION
A DAVID DOBKIN FILM RYAN REYNOLDS JASON BATEMAN "THE CHANGE-UP" LESLIE MANN OLIVIA WILDE AND ALAN ARKIN MUSIC BY JOHN DEBNEY
EXECUTIVE PRODUCERS JOE CARACCIOLO, JR. ORI MARMUR JEFF KLEEMAN JONATHON KOMACK MARTIN PRODUCED BY DAVID DOBKIN NEAL H. MORITZ
RELATIVITY WRITTEN BY JON LUCAS & SCOTT MOORE STARTS TODAY DIRECTED BY DAVID DOBKIN A UNIVERSAL PICTURE
18A CRUDE SEXUAL CONTENT
www.universalpictures.ca
www.thechangeupmovie.com
/universalpicturescanada
© 2011 UNIVERSAL STUDIOS

While Quantities Last...

Smart Deals!

Limited Quantities!

No Credit Check! No Contract!

August 1st to August 14th!

Buy the Motorola Spice, Get the LG Wink for $0!

Save $80!

Taxes are extra. Limited time offer. Offer valid only at participating locations here listed. Restrictions may apply on combining offers with other offers or promotions and only applicable to new activations. Terms and conditions apply. Subject to change without notice. © 2011 Mobilicity. 'Mobilicity', 'Now That's Smart', the Mobilicity designs and the Mobilicity logo are trademarks of Mobilicity. Other trademarks shown may be held by their respective owners. All rights reserved.

Buy One, Get One Sale!

Offer valid only at the following participating stores:

515 Marlbrough Way NE Unit 718K
Unit 195, 1518 Centre Street N.E.
5111 Northland Drive N.W suite 4000
#333, 329 17 Avenue SW.
Unit 101, 4908-17th Ave S.E
#109-5271 Memorial Drive S.E.
628B 17 Avenue S.W
Unit 104A, 3716 - 61 Ave SE

1200 - 37th St SW Unit 705K
4805 A-17 Ave S.E.
901 64th Ave N.E
Unit 210, 9737 MacLeod Trail SW
4649 Macleod Tr. S.W.
1412 - 9th Ave SE
8-4105 4th St. N.W.

6219 Centre Street N.W.
999 - 36 Street NE Suite 800B
77 Castleridge Blvd N.E.
#5, 12 Castleridge Drive NE
312 Centre St. S.E.
Unit 307- 3200 Glenmore Trail SE
Unit 101, 2640 52nd Street N.E.

mobilicity

Exclusive Dealer

The return of the supergroup

When big-name musicians join forces in a band, the result can be 'irresistible'

MEREDITH ENGEL
METRO NEW YORK
SCENE@METRONEWS.CA

At first glance, Mick Jagger, New Kids on the Block and Ben Harper may not appear to have much in common, but in fact, they have lately been making music bigger than their own. All three have recently joined supergroups, bands comprising members from other already established acts.

"Music has gotten so compartmentalized and put into genres," says guitarist Dave Stewart, who is best known as the guitarist for the Eurythmics, and now as part of SuperHeavy, a supergroup that includes him, Mick Jagger, Joss Stone, Damian Marley and A.R. Rahman.

"Mick was saying we'll go into the iTunes library as 'unclassifiable.'"

Paul Levinson, professor of communication and media studies at Fordham University in New York, says putting dominant personalities from various groups will always be exciting for audiences.

"Fans very often love one or two members of a group more than the others, and when those members from different groups get together and form one supergroup, it's almost irresistible," he says.

Stewart says one element that makes SuperHeavy work is that the members come from such diverse backgrounds. But how about if you form a supergroup based on acts who are influenced by each other?

GETTY IMAGES

▶ The Backstreet Boys — a supergroup of the past.

Metro spoke with Lou Pearlman, founder of the Backstreet Boys. Currently serving up to 25 years in a Texas prison for running a Ponzi scheme that denied investors of $300 million, he seemed happy to talk.

"Backstreet Boys and New Kids on the Block — that was a marriage made in heaven," he says. "Backstreet Boys tailored themselves to the New Kids' style when I was helping to get it all together. … Not in every group does everybody shine to be, say, the heartthrob, but there's always one, the quirky one, or there's one that's the very musically talented one or the great singer or things like that, and you take those key people, put them together and join it and you forge a new group — and that's how you make a supergroup."

Stewart says there's one important rule when you're a part of a supergroup.

"Everybody's got to check their egos at the door," he says.

"That's partly why people like it, because it's like, 'Oh good. I don't have to be in charge.'"

A NEW MUSICAL TERM FOR THE DICTIONARY

SOUND CHECK

ALAN CROSS
SCENE
@METRONEWS.CA

It's not exactly a beach read, but I just finished a fascinating book called Reading the OED by Ammon Shea, who spent a year reading all 21,730 pages of the Oxford English Dictionary.

Along the way I learned such wonderful unspellcheck-friendly words as acnestis (the point on your back you can't reach to scratch), cacchinator (a person who laughs too much) and keck (the sound you make just before you vomit).

As a writer, I am fond of words — so fond, in fact, that I invented one once. Or at least I helped.

The study of words is called etymology. If you study the origin of the names, that's called onomastics. Exploring the origins of place names is toponymy. And if you're interested in working out the origins of personal names, you're engaged in anthroponomastics.

While working on a radio documentary about the origins of band names, I found that there was no such word for that field of mateotechny (an unprofitable science).

This was unconscionable. Many books have been written about how bands got their names. How could this discipline itself be nameless? I decided to consult some real onomasticians.

I called Dr. Sheila Embleton, a professor of linguistics at York University. She consulted some of her word-wise colleagues around the world, including Mark Hershon, whose team invented such brand names as BlackBerry, OnStar, Swiffer and Febreze.

After some conference calls, the learned word boffins came back to me with their conclusions. No, they confirmed, the English language did not feature a word that described the study of the origins of band names.

And yes, they had come up with a solution. Academic investigations into the origins of band names or those adopted for professional purposes by musical performers shall forever be known as bandomynology.

This means that whenever you explain the roots of the name Black Sabbath (taken from the name of a 1963 Boris Karloff film), Green Day (a term describing a day spent smoking joints) or Foo Fighters (from the French feu and relating to a Second World War squadron of UFO-chasing pilots), you're engaged in bandomynology.

The latest online version of the OED is currently being edited. To get bandomynology included, it has to appear in print (like this) and preferably used by other people in academic and/or everyday contexts.

Help a guy out, won't you?

Death Cab for Cutie flirts with disaster

Band came too close for comfort to recent tragedy in Ottawa

LINDA LABAN
SCENE@METRONEWS.CA

GETTY IMAGES

Ben Gibbard is relaxing at home in Los Angeles in between touring bouts for Death Cab for Cutie's liltingly lovely (with the odd spot of trademark anxiousness) indie rock album, Codes and Keys. The break is not without incident, though.

As Gibbard puts it, "It was punctuated by the odd show in Ottawa that didn't happen."

That's right: the show where the stage collapsed as Cheap Trick played.

"We were supposed to be playing after Cheap Trick," continues Gibbard, who married actress and chanteuse Zooey Deschanel in 2010 and moved from his native state, Washington, to L.A.

"We were 30 yards away when the stage collapsed; it happened right in front of us. It was absolutely terrifying.

"It's an unfortunate analogy that gets made at this point in our society whenever you see something unbelievable. But it was like watching a disaster movie. It was like watching a terrible movie. I was actually wondering this morning: If it were the 18th century, how would you describe it to a friend?

"Would you say it was like a disaster play? Like before TV, would it be a disaster novel?"

Perhaps the viewer would be inspired to write an account? Perhaps turn it into song (hint, hint)?

"That's probably what would happen," he agrees. "Someone would actually pick up a pen and write very eloquently about it."

To play or not to play

"All of our equipment is still on the stage, pending the investigation of why the stage collapsed," says Gibbard.

"It looks like that is all getting squared away. Number one, it is a miracle no one was killed. It's an even larger miracle that a couple of people escaped with relatively minor injuries. At this stage, I can move onto ... worrying about whether our equipment is OK."

No future, plenty of past

Punk rockers once wanted to smash the state. Now they're helping preserve stately homes.

The National Trust charity, which oversees Britain's castles and historic houses, has released a fundraising album of punk classics.

Never Mind the Dovecotes — a play on the title of the Sex Pistols album Never Mind the Bollocks — includes tracks by the Pistols and other vintage noise merchants, including GBH, Siouxsie and the Banshees and X-Ray Spex.

It means Mod band The Jam — which has two tracks on the album — will sit alongside jars of jam in gift shops at the Trust's 300 properties, which range from Romanera structures like Hadrian's Wall to ruined abbeys, medieval castles, grand country mansions and Victorian pubs.

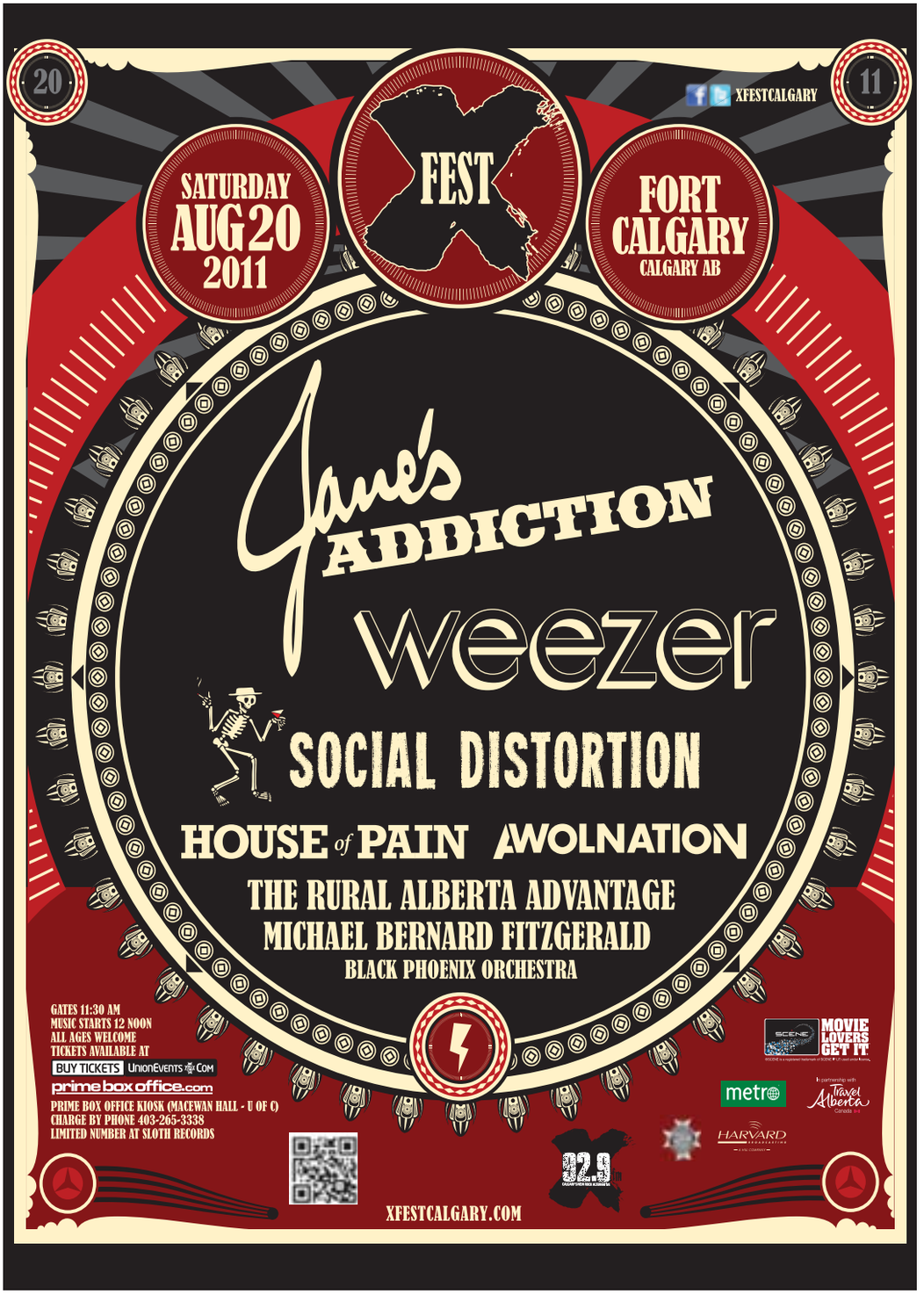
The album is a collaboration between the trust and Decca Records, and a change from previous joint efforts such as Celtic Collection, Classic Voices and Land of Hope and Glory — Great Songs from the British Isles.

But the Trust's brand licensing manager, Phillippa Green, said Thursday that the album makes sense.

She says people who were teenagers in punk's late-70s heyday are now middle aged and enjoy "outings with their children and families at parks, beaches and historic houses."

Punk, in turn, has become a much-loved part of Britain's heritage, although the music has lost much of its power to shock since the Sex Pistols burst forth 35 years ago demanding Anarchy in the U.K.

THE ASSOCIATED PRESS



The Glee Project: 'Boot camp' for the big league

Up and coming singers duke it out for coveted guest stint on Glee

AMBER RAY
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

No one has been named the next star of Glee just yet, but the contestants on The Glee Project already feel like bona fide celebrities.

Earlier this week, the final six singers walked the red carpet at NBC Universal's Television Critics Association party at trendy The Bazaar by Jose Andres in Los Angeles; and each of them looked every bit a star, too.

"It was amazing," contestant Alex Newell gushed during an interview. "We all love to perform, but to get recognized for what we do and what we love to do is amazing. I know that I loved it, and I know that everybody loved to be on a red carpet for the first time too."

The downside of fame via a reality competition, however, is that only one contestant wins the grand prize of a seven-episode guest stint on Glee.

The producers admit the process of whittling down the talent pool on a weekly basis was "excruciating."

"Everyone is fit for the show, which made our decision even more difficult," says mentor Zach Woodlee, who also serves as choreographer/producer on Glee.

"We actually had to look at this show as a trial and sort of a boot camp to get people Season 3 ready. So each week it was who is raising the bar. We would sit there and be like, 'Who is making the most progress in this week?' It's who was ready to be at Season 3 quality of our cast on the scripted show."

So is there any chance more than one competitor might wind up walking the halls of McKinley High?

"Ultimately that's up to [Glee creator] Ryan Murphy," mentor Robert J. Ulrich says.

"But they're all wonderful enough to have that chance; and as a casting director, I would keep them in mind for everything else that I do."

Gleek clique

The Glee Project airs Sundays at 9 p.m. ET/6 p.m. PT on Slice.

ANDREW ECCLES/OXYGEN MEDIA

▶ The Season 1 contestants of The Glee Project, from left: Damian, Alex, Ellis, Bryce, Emily, McKynleigh, Marissa, Samuel, Lindsay, Ellis, Matheus, Hannah and Cameron.

TV picks

HANDOUT

A look at the man behind the music

RAY CHARLES. Jamie Foxx earned raves for his uncanny portrayal of legendary musician Ray Charles in Ray.

Airing Friday, the biopic delves into the singer's childhood hardships, problems with drugs and women, as well as the monumental achievements that would make him an icon in music and civil rights. (BET)

Ain't lust grand

LET THE HOOKUPS BEGIN. Yet another romantic sitcom about a group of singletons joins the lineup on Friday night, this time it's Friends With Benefits.

Party Down cad Ryan Hansen stars as picky Ben, who is on the hunt for the perfect woman while sleeping with his best friend, Sara, played by Danneel Ackles of One Tree Hill. It's got a promising pedigree — the writers penned the 2009 indie hit 500 Days of Summer — but has reportedly gone through significant retooling since being picked up more than a year ago. Back-to-back episodes air tonight, starting with the pilot. (NBC)

Finding love in a time of war

COLD MOUNTAIN. Fans of old-fashioned love stories should find plenty to swoon over in Anthony Minghella's star-studded Cold Mountain, a sweeping romance set in the final days of the U.S. Civil War airing Saturday.

Jude Law stars as a wounded Confederate soldier who abandons his duties to make his way home to his sweetheart, played by Nicole Kidman.

Renee Zellweger plays a spunky farm hand while White Stripes rocker Jack White appears as a mandolin player who catches her eye. (Bravo)

Drug dealing is risky business

BREAKING BAD. The high stakes drama continues Sunday on Breaking Bad with the cartel gaining the upper hand.

Meanwhile, Walt and Skyler share a secret with the family and Jesse's activities draw unwanted attention. (AMC)

THE CANADIAN PRESS

TV show learned its lesson

AMBER RAY
SCENE@METRONEWS.CA

EVAN AGOSTINI/THE ASSOCIATED PRESS FILE

▶ Ashton Kutcher

CBS didn't bring the cast and producers of Two and a Half Men to the Television Critics Association press tour in Beverly Hills, Calif., this week because "they're in production," CBS Entertainment President Nina Tassler told journalists, who audibly groaned at that excuse (numerous other shows "in production" managed to attend).

Instead, Tassler fielded questions about the show, offering praise for new lead Ashton Kutcher and sharing lessons learned from the Charlie Sheen debacle.

Tassler announced Kutcher will play Walden Schmidt on Two and a Half Men, an "Internet billionaire with a broken heart."

Walden will be introduced in a two-part episode airing over two weeks, Tassler said. She refused to confirm or deny rumours that the season premiere will involve a funeral for Sheen's character.

Tassler touted the "mystery" surrounding the exit/entrance of Sheen and Kutcher's characters, saying the network has high hopes that these episodes will be "an event" and draw viewers.

Service Directory
To advertise contact Blaine Schlechter at 403-444-0136

WELLNESS

bodhi

Everyone is invited to join Bodhi Well-Being & Healing Center for Meditation on the Twin Hearts every Friday evening at 7:30 PM. This is a simple, yet powerful meditation with physical, mental, & psychological benefits. This meditation is free and open to everybody over the age of 16 years. To learn more about this meditation, visit us at
www.bodhiwellbeing.com or call 403-452-1469

FINANCIAL

NEED MONEY?
✓No credit checks
✓Fast approvals
Call 1-866 499-5629
And get cash now!!
www.mynextpay.com

MoneyProvider.com
$500 Loan
and more
No credit refused
Fast, easy and secure
1-877-776-1660
www.moneyprovider.com

PSYCHICS

MYSTIC EYE SPIRITUAL READINGS
57 YEARS EXPERIENCE
100% Guaranteed Results
Come in today for a better tomorrow
SPECIALIZING IN REUNITING LOVED ONES
REMOVES ALL BAD LUCK SPELLS AND NEGATIVE ENERGY
1/2 price SPECIAL
Palm • Tarot • Energy Readings
403.228.2258 BY APPOINTMENT ONLY
SOLVE ALL PROBLEMS OF LIFE

PROFESSOR KALILO, CLAIRVOYANT PSYCHIC
Specialist of his works, I help you to resolve all your problems, even most difficult to explain between confidant such as:
Love (fast, immediate and definitive return of the big loved one), luck, success, protection against evil spells, family problems, etc.
A problem disturbs you?
Don't wait to contact me if you no longer want to suffer.
100% guaranteed results, assured discretion. Call for appointment.
Every day between 9am and 8pm.
Phone: 403.903.1347 or 587.718.2021
Speaks French and Spanish.

Ted Danson busts crime

63-year-old actor jumps in as new supervisor for Las Vegas CSI team
'I feel like I have walked into this perfect situation for me', he says

DAN STEINBERG/THE ASSOCIATED PRESS

▶ Ted Danson

It was just three weeks ago that Ted Danson was announced as the new star of CSI: Crime Scene Investigation, and now he's in production — and a bit dazed by the suddenness.

"My jaw is kind of hanging down from the newness of all of this," Danson told reporters on Wednesday as he recalled that just two weeks earlier, he was leisurely staring out at the ocean from Martha's Vineyard, Mass.

Danson plays the new supervisor for the Las Vegas CSI team on the CBS drama, which films in Los Angeles. Danson steps into the position originally held by William Petersen and then filled by Laurence Fishburne, who had been on the show since its 2008-09 season.

Danson's character, D.B. Russell, is the child of counterculture parents who schooled him themselves at home and during travels in their van. He has a less obsessive way of experiencing the world than his fellow investigators.

Explained CSI executive producer Don McGill, "Here's this character who has things really, really in balance: family; work; life."

"I feel like I have walked into this perfect situation for me," Danson said.

The 63-year-old actor first found TV stardom nearly 30 years ago playing Boston bar owner Sam Malone on Cheers, a comedy hit on NBC that ran for 11 seasons.

And though he has had a variety of roles since then, he said he had never played a crime-buster before.

But even now, he said, "They still won't give me a gun."

CSI, whose stars also include Marg Helgenberger and George Eads, will begin its 12th season on Sept. 21.

But will it go on to match the longevity of Law & Order and Gunsmoke, which tie the record for TV drama at 20 seasons?

"Ted has signed on for an additional 12 years, plus an option," joked executive producer Carol Mendelsohn.

"Yeah — I think it will."

THE ASSOCIATED PRESS

'Zack Morris' rides for AIDS

DAN STEINBERG/THE ASSOCIATED PRESS FILE

▶ Mark-Paul Gosselaar

Mark-Paul Gosselaar is keeping busy while on hiatus from his TNT Franklin & Bash dramedy by trekking across the U.S. East Coast on a motorcycle ride for charity.

Kiehl's skin care company's six-day LifeRide for amfAR raises money for AIDS research.

The former star of Saved by the Bell is participating in the last three days of the ride starting Thursday — from Boston to New York City.

For Gosselaar, an avid motorcyclist, the event was a no-brainer. "Setting a good example for my kids and leading by example is very important to me," said the father of two.

His love of motorcycles started young with his older brother Mike, a well-known motocross mechanic, teaching him to ride at age 3.

Mark-Paul was competing in motocross races by the time he was 5.

The actor said he's passed the passion onto his children, Michael Charles, 7, and Ava Lorenn, 5.

"My son was riding by the time he was five," said Gosselaar.

"I have pictures of me with him in a BabyBjörn, and I'm on my motorcycle, and that's the way that he would go to sleep. I'd ride around on my property at five miles an hour, but it was the noise and the wind that would put him to sleep." THE ASSOCIATED PRESS

LIVE HEALTHY LIVE WELL
HOT BUYS

SlimQuick
Razor
Weight management
120 caplets - Reg. $59.99
Hot Buy: $38.99
Save: $21.00

Sports Science LLC
Ripped ABS
Weight management
120 caplets - Reg. $59.99
Hot Buy: $38.99
Save: $21.00

Cytogenix
Xenadrine Xtreme
Weight management
120 softgels - Reg. $69.99
Hot Buy: $39.99
Save: $30.00

Cytogenix
Xenadrine RZR-X
Weight management
120 softgels - Reg. $69.99
Hot Buy: $39.99
Save: $30.00

Revolution
Ab-Cuts
Weight Management
120 softgels - Reg. $59.99
Hot Buy: $39.99
Save: $20.00

Women's WELLbeING
beWHOLESOME
Women's nutrition vitapak
30 days - Reg. $69.99
Hot Buy: $29.99
Save: $40.00

Women's WELLbeING
beENHANCED
Women's nutrition
60 softgels - Reg. $24.99
Hot Buy: $9.99
Save: $15.00

Progressive
PhytoBerry
Antioxidant
900 g - Reg. $79.99
Hot Buy: $53.99
Save: $26.00

Scientific Nutrition
Omega Essentials 3-6-9
Essential fatty acids
90 softgels - Reg. $16.99
Hot Buy: $9.99
Save: $7.00

MuscleTech
naNO Vapor
Pre-workout
908 g / 2 lb - Reg. $79.99
Hot Buy: $44.99
Save: $35.00

PVL
Iso Gold
Isolate protein
2.2 kg / 5lb - Reg. $114.99
Hot Buy: $65.99
Save: $49.00

Kaizen
Ephedrine Pouch 8 mg
Natural remedy
2 x 50 tablets - Reg. $6.99 ea.
Hot Buy: 2 for $7.49
Save: $6.49

Sports nutrition
Mix & match BOGO 50%** off

SALE
Buy 1 Get 1 50% off

GNC
LIVE WELL.

Visit www.gnc.ca for the location near you
170 locations coast to coast

* Hot Buys offer valid August 4 to 15, 2011. Offer is limited to quantity on hand. Lowest price guarantee is based on nationally advertised pricing. Sorry no rain checks. 20% GNC Gold Card discount and BOGO do not apply to our already low Hot Buy priced items. **BOGO: 50% discount is applied to the lower priced product. See sales associates for details and participating products and brands.

Lance Bass wants to get married, have kids

Former pop star still looking for suitable partner since high profile split

ALL PHOTOS GETTY IMAGES

Marriage is definitely part of the plan for former N'Sync star Lance Bass.

"I definitely want that. I'm a Southerner. We dream of having the family and the kids, and the parents want grandkids, that's all they care about; 'Give me some grandbabies,'" he tells the Daily Beast.

But first he has to find a boyfriend. While he's been spotted with more than a few men on his arm since his breakup with Reichen Lehmkuhl in 2006, the unidentified beau he's seeing now is the closest he's come to something serious, he insists.

"I haven't had a boyfriend in four years. But now it's getting there."

METRO

"We dream of having the family and the kids, and the parents want grandkids, that's all they care about; 'Give me some grandbabies.'"
LANCE BASS

▶ Lance Bass

Talking points

Osbourne calls out Aguilera for past insults

HOLDING A GRUDGE. Kelly Osbourne doesn't mince words when it comes to Christina Aguilera. On a recent episode of E!'s Fashion Police, while mocking Aguilera's outfit, Osbourne unloaded.

"Maybe she is just becoming the fat bitch she was born to be," Osbourne said.

The anger apparently comes from personal history.

"She called me fat for so many f—ing years. So you know what? F— you! You're fat, too." METRO

Vergara fears having new kids

FAMILY PRESSURE. Though she's already a parent, Modern Family star Sofia Vergara isn't as thrilled about doing the whole pregnancy thing again, she tells Redbook magazine.

"When I had (my son) Manolo, I was 19, and I had the energy for everything," he says.

"My boyfriend now wants to have kids, and I don't even want to think about it. I would have to get into that mind-set again, the waking up early." METRO

Paltrow looks to change image

TRYING MUSIC Gwyneth Paltrow is looking to shake up her image.

"It's good to shock people who think of me as the prim Gwyneth Paltrow," she tells Elle magazine.

One way she's looking to do that, under the guidance of some very famous friends, is by exploring a music career.

"Beyoncé Knowles and Jay-Z — they think that I should just go do it by myself. That I should go in a studio and see what happens," she says.

"And if it's good, do it. And if it's not, don't. So that's probably what I'll do." METRO

Celebrity tweets

@oliviawilde
"5am call. i'm sleeping with the director and i still can't catch a break? p.s. i'm the director. why didn't i write a story about sunsets?"

@therealzooeyd
"I'm tired. I wish I could brush my teeth and wash my face in my bed. Why are there not bed-sinks yet?"

@IMKristenBell
"Is it illegal to peel moronic bumper stickers off other peoples vehicles? If it's not, it might be my new full time job. Idiots beware."

@SarahKSilverman
"Traumatic moments happened to you - you just don't realize it b/c there was no scary music playing.!"

▶ Jason Statham

Transporter star buys Stiller's house

Jason Statham is looking to settle down, and he's found just the place. The Transporter star purchased Ben Stiller's $11.5 million Hollywood Hills home, according to the Hollywood Reporter.

The 10-bedroom Mediterranean-style home with guest house near the Hollywood Bowl was originally listed for $12.5 million in 2009, but Stiller and wife Christine Taylor re-listed it for $1 million less. Statham, who is dating Transformers: Dark of the Moon star Rosie Huntington-Whiteley, recently sold a nearby bachelor pad for $2.7 million, according to the Daily Mail.

METRO

The art of mix & match

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA
TWITTER: @THEREALWINEGUY

If you're a fan of single varietal wines (those made with just one grape), it's time for some tough liquid love. Many (and by many I mean most) wines that display one grape on their label are made from a juice blend.

But there's no need to riot. The laws of almost all wine producing countries allow for the mingling of fruit to balance flavour. What's typically displayed on the front panel is the primary grape which is usually more than 85 per cent of the union.

The French certainly love the idea of mixing grapes. The wines of Champagne are nearly always a blend of at least two, while winemakers in the Rhone Valley's famed Châteauneuf-du-Pape appellation can have their way with more than 13 to come up with their final cuvée.

The Aussies' have mastered the mega blend with wines like Peter Lehmann's 2008 Layers Red ($16.99 - $19.99) a bright berry mash of shiraz, tempranillo, carignane, mourvèdre and grenache that's red meat ready.

PRICES REFLECT THE RANGE ACROSS CANADA. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

Grill for meat lovers & herbivores

- **This weekend, make veggies the main dish & use meat as an accent**
- **Food Network star Guy Fieri offers a recipe for a grilled romaine salad**

A salad should be chopped in the kitchen, not at the table. That's the advice of Food Network star Guy Fieri, who prefers salads made from bite-size pieces. "A good salad shouldn't require a knife," he said.

However it does require a salad spinner, or some other means of drying the greens. One of Fieri's salad turnoffs is wet lettuce. "It needs to be rinsed and dried," he said.

Here, Fieri offers an intense salad of grilled romaine lettuce.

"The sweet flavour of the romaine comes out when you char it on the grill," he said. "Hit it with the balsamic vinaigrette, bacon, onion and blue cheese and you have a nice balance of sweet and savory flavours."

MATTHEW MEAD/ THE ASSOCIATE PRESS

▶ This recipe takes just 15 minutes to make and serves six.

Preparation:

1. Heat a grill to high. In skillet over high, heat 15 ml (1 tbsp) of olive oil. Add onion and bacon and cook until bacon is crispy, about 10 minutes. Use slotted spoon to transfer onion and bacon to plate. Return skillet to heat and add the balsamic vinegar and 15 ml (1 tbsp) of the olive oil. Bring to a simmer, then cook to reduce for 2 minutes. Remove from heat.
2. Brush romaine with remaining 30 ml (2 tbsp) of olive oil, then season with salt and pepper. Place on grill cut side down and quickly sear until grill marks are visible. Set aside.
3. For each serving, place half a head of romaine cut side up on a plate and drizzle the balsamic dressing. Sprinkle with blue cheese and the bacon and onion mixture, then season with black pepper.

THE ASSOCIATED PRESS

Ingredients:

- 60 ml (4 tbsp) extra-virgin olive oil, divided
- 175 ml (3/4 cup) finely diced red onion
- 250 g (1/2 pound) bacon, diced into small pieces
- 125 ml (1/2 cup) balsamic vinegar
- 3 romaine lettuce heads, halved lengthwise, cores removed, leafy ends trimmed
- Salt and black pepper
- 125 ml (1/2 cup) crumbled blue cheese

3 life

Looking good

The pleasure of eating apples — or many other Canadian–grown fruits — quickly turns to disgust if a bite into the fruit reveals a creepy insect.

But thanks to plant science technology, our grocery stores and farmers markets are now full of fresh, blemish–free fruits and vegetables.

Before insecticides, produce was often sold with holes. **NEWS CANADA**

What does climate change mean to our food supply?

A carrot-packed treat that poses as a cookie

Filled with empty calories, cookies don't often impress parents These ones take care of that with dark brown sugar, raisins, pineapple & more

MATTHEW MEAD/ THE ASSOCIATED PRESS

These cookies include carrots and pineapple.

Cookies as a snack? No trouble selling the kids on that one. Now to convince the adults ...

Often laden in fat and empty calories, cookies don't often impress parents. At least not as a go-to snack to fuel growing bodies and minds. But if you're willing to bake your own, you can turn out some delicious and appealing cookies that will satisfy kids and adults alike.

For our take on healthy cookies, we used one of the healthiest and most flavour-packed cakes for inspiration — carrot cake.

We start with a low fat, cake-like cookie. It's plenty moist thanks to a small amount of oil (instead of butter) for healthier fats and supplement it with crushed pineapple. Using dark brown sugar as the sweetener adds more flavour and even moisture, while white whole-wheat flour adds whole grains. Then we add oats and a few nuts for texture, a handful of spices for flavour.

And, of course, the carrots and raisins.

Ingredients:

- 250 ml (1 cup) white whole-wheat flour
- 2 ml (1/2 tsp) baking soda
- 375 ml (1 1/2 cups) rolled oats
- 5 ml (1 tsp) cinnamon
- 5 ml (1 tsp) dry ginger
- 1 ml (1/4 tsp) ground cloves
- 1 ml (1/4 tsp) ground nutmeg
- 2 egg whites
- 175 ml (3/4 cup) dark brown sugar
- 50 ml (1/4 cup) vegetable or canola oil
- 50 ml (1/4 cup) drained crushed pineapple
- 125 ml (1/2 cup) fat-free milk
- 10 ml (2 tsp) vanilla extract
- 250 ml (1 cup) raisins
- 250 ml (1 cup) grated carrots
- 125 ml (1/2 cup) chopped walnuts

Preparation:

1. Heat oven to 190 C (375 F). Lightly coat 2 large baking sheets with cooking spray.
2. In a medium bowl, combine flour, baking soda, rolled oats, cinnamon, ginger, cloves and nutmeg.
3. In a second medium bowl, combine egg whites, brown sugar, oil, pineapple, milk and vanilla.
4. Add liquid ingredients to dry ingredients, then stir to combine. Stir in raisins, carrots and walnuts.
5. Drop by the tablespoonfuls onto prepared cookie sheets, leaving 5 cm (2 inches) between them. Bake for 12 to 15 minutes or until golden around edges and slightly firm to the touch.

THE ASSOCIATED PRESS

Peach Toffee Scones

Preparation:

1. Preheat oven to 230 C (450 F).
2. In bowl, mix flour, brown sugar, baking powder and salt. Add butter to mix and, using fingertips, work butter into mix until it looks like coarse meal. Add diced peaches and Skor bits and mix.
3. In a separate bowl, whisk eggs and cream; add peach mixture, stirring to combine.
4. Scrape dough onto a floured board and lightly knead to bring dough together. Don't over-knead. Roll into a 2.5-cm (1-inch) thick slab and cut dough with a round 7.5-cm (3-inch) cookie cutter. Place on a parchment-covered or non-stick baking sheet and bake for 10 to 15 minutes until golden brown and firm to the touch. Serve warm with butter.

THE ASSOCIATED PRESS/ ONTARIO TENDER FRUIT PRODUCERS

Ingredients:

- 500 ml (2 cups) all-purpose flour
- 50 ml (1/4 cup) brown sugar
- 15 ml (1 tbsp) baking powder
- Pinch sea salt
- 60 ml (4 tbsp) unsalted butter, cold, cut into pieces
- 500 ml (2 cups) locally grown diced peaches
- 125 ml (1/2 cup) Skor bits
- 2 large eggs
- 125 ml (1/2 cup) 35 per cent cream

The toasts of the league

Offensive juggernauts of West taking on East's best defence in clash of surprise contenders

ESKIMOS | BOMBERS

Time: 5:30 p.m.
TV: TSN

LIAM RICHARDS/THE CANADIAN PRESS

Eskimos quarterback Ricky Ray will try to improve on his CFL-best efficiency rating against the Blue Bombers on Friday.

Edmonton quarterback Ricky Ray knows it's a surprise to many that the Eskimos and Winnipeg Blue Bombers lead their CFL divisions.

After all, the undefeated Eskimos (5-0) missed last year's playoffs with a 7-11 mark, while the 4-1 Bombers finished last season with a league-low 4-14 record.

"If you probably asked people about this going into the off-season, I'm sure not a lot of people would have picked this to happen," Ray said after arriving in Winnipeg to prepare for Friday's game.

"Just because, in our case, there was a ton of changes. You're kind of seeing two different teams. Winnipeg, the same coach, a lot of the same players. Us, we had a complete turnover.

"Two different ways to get to this point, and just the good thing is we're both playing well."

The nine-year quarterback thinks the last time he was on a team that opened 5-0 was in junior college.

He'll face a Blue Bomber defence that has been great in 2011. It's allowed the fewest yards of net offence (1,469), the fewest points (97) and is tops with 21 sacks.

However, Winnipeg will be without 11-year defensive tackle Doug Brown, who's sitting because of a foot injury. It's the first time Brown has missed a game since meningitis sidelined him for the first two games of the 2009 season.

Brown said there's either something torn or broken in one of his feet and he's not sure if he'll miss more than one game.

"It makes my skin crawl that I'm not able to participate out there," said Brown.

"You've got the best defence, the best offence. You've got the best team in the East, you've got the best team in the West. What else do you want?"
WINNIPEG DEFENSIVE END ODELL WILLIS

Bomber quarterback Buck Pierce said it'd be nice to defeat the Eskimos and "set a tone this early that we can play football here in Winnipeg."

"The CFL's a funny league," Pierce said. "There's so much parity in this league and so much turnover. Week to week, I don't think there's a bad football team in this whole league."

Pierce is going to have to spark a Bomber offence that's scored the fewest touchdowns (nine). He's thrown for 1,032 yards, with six TDs and four interceptions.

On the flipside, Ray leads CFL passers with 1,492 yards and is tops with a 118.1 efficiency rating. He's tossed 10 TDs and only one interception.

Eskimo Fred Stamps leads all receivers with 578 yards on 30 catches, including five for touchdowns. Running back Jerome Messam was Canadian player of the month. He leads the Esks with 274 yards on 55 carries, including a pair of TDs.

Edmonton's defence is no slouch, either. It's allowed the fewest yards rushing (437) and is second in points allowed (99).
THE CANADIAN PRESS

SAM GREENWOOD/GETTY IMAGES

British open champion Darren Clarke watches Tiger Woods' tee shot on Thursday

Tiger passes Round 1 test

Tiger Woods said his left knee felt as strong as he thought it was. His game didn't look half bad, either.

Playing for the first time in nearly three months, Woods made a strong opening statement Thursday that his health is no longer an issue by going after any shot from any lie in a round of 2-under 68 at the Bridgestone Invitational. It was Woods' lowest opening round of the year.

"It feels great," Woods said. "As anybody who's been off and who's been injured, first time back it's a little nervous to see what happens. But my practice sessions were good, so there's no reason why I should be worried out there. I went out there and let it go, let it rip, and see what happens."

"Today was just, 'Let's go, let's go play, just put everything else aside ... try to post a low number.'"
TIGER WOODS

His ex-caddie saw the kind of golf he was used to seeing at Firestone, too.

Steve Williams, now working permanently for Adam Scott after Woods fired him a month ago, watched the Australian play flawlessly in matching his career-low round with a 62 that gave Scott a one-shot lead. **THE ASSOCIATED PRESS**

4 sports

Quoted

"We have to see if we agree with the test. If we agree with the test, then it's legit. If not, they have to come up with another one."
JACKSONVILLE JAGUARS CORNERBACK RASHEAN MATHIS. TWO PEOPLE FAMILIAR WITH NEGOTIATIONS TOLD THE ASSOCIATED PRESS THURSDAY THAT THE NFL'S NEW COLLECTIVE BARGAINING AGREEMENT ALLOWS THE LEAGUE TO BECOME THE FIRST MAJOR U.S. PROFESSIONAL SPORT TO USE BLOOD TESTING FOR HUMAN GROWTH HORMONE.

Scan code for more sports.

You'll this.
DOWNLOAD THE NEW METRO APP for your BlackBerry, iPhone and iPad.

HIRING FAIR
Tues. Aug 9th - 10:00 – 3:30
T&T Honda is looking for talented individuals to join our growing sales team
What we offer:
• Comprehensive training • Great pay plan and benefits
• Training allowance for the first 3 months
• Terrific work environment
What you bring:
• A retail sales background
• Outstanding customer service skills • Clean driving record
• Ability to work shift work • Reliable transportation
• A desire to earn good money while having a ton of fun!
Apply in person between 10:00 and 3:30 on Tuesday August 9th with a current resume and references. Qualified candidates will be invited back for a 2nd interview.
T&T Honda
Steering You Straight
888 Meridian Road N.E. - Calgary

A-Rod plays cards close to his vest

Yankee not talking about probe of his links to illegal poker games

Alex Rodriguez refused to discuss a Major League Baseball investigation into his involvement in illegal poker games, ending an interview Thursday with a one-word answer.

The New York Yankees had said the injured star would stop his post-workout media session at the team's minor-league training complex if any reporter posed an non-baseball question.

Rodriguez spoke for several minutes about his recovery from knee surgery. But when asked if he would not discuss the poker games, he said "yep" and walked to his car.

Rodriguez's publicist, however, said the slugging third baseman was looking forward to co-operating with MLB in its poker probe.

Star Magazine reported last month that several people saw A-Rod playing in games hosted at Hollywood hotels and residences.

Richard Rubenstein, Rodriguez's publicist, said in a statement Thursday morning that the Star's story contains "numerous factual inaccuracies."

Rodriguez said it will take a few days to get a timeframe for rejoining the Yankees.

"I think I'll have a much better indication over the next 48 hours," he said.

THE ASSOCIATED PRESS

BRIAN BLANCO/THE ASSOCIATED PRESS

▶ Alex Rodriguez speaks to the media about his rehabilitation progress following a workout Thursday.

THE BIG ONE
2 DAYS ONLY!
FRIDAY, AUGUST 12 9:00am-9:00pm & SATURDAY, AUGUST 13 9:00am-7:00pm
OVER 250 NEW & USED HONDAS ON SALE!
• RATES FROM 0.9%
• CASH INCENTIVES UP TO $6000
Honda West
1.877.524.3753 • 55 GLENBROOK PLACE SW • WWW.HONDAWEST.CA
WWW.FACEBOOK.COM/HONDAWESTCALGARY
WWW.TWITTER.COM/HONDAWEST

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	68	42	.618	—
New York	68	42	.618	—
Tampa Bay	58	52	.527	10
Toronto	56	55	.505	12½
Baltimore	43	65	.398	24

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	59	52	.532	—
Cleveland	55	54	.505	3
Chicago	52	58	.473	6½
Minnesota	51	59	.464	7½
Kansas City	48	63	.432	11

WEST DIVISION

	W	L	Pct	GB
Texas	62	50	.554	—
Los Angeles	60	51	.541	1½
Oakland	49	62	.441	12½
Seattle	48	62	.436	13

Yesterday's results
Tampa Bay 7, Toronto 6, 12 innings
Texas 5, Detroit 2
Cleveland 7, Boston 3
Kansas City 9, Baltimore 4
N.Y. Yankees 7, Chicago White Sox 2
Minnesota at L.A. Angels
Wednesday's results
Tampa Bay 9 Toronto 1
Boston 4 Cleveland 3
Detroit 5 Texas 4
Kansas City 6 Baltimore 2
Minnesota 11 L.A. Angels 4
N.Y. Yankees 18 Chicago White Sox 7
Seattle 7 Oakland 4
Today's games
Toronto (Mills 0-1) at Baltimore (Tom.Hunter 1-1), 7:05 p.m.
N.Y. Yankees (Colon 8-6) at Boston (Lester 11-4), 7:10 p.m.
Oakland (Moscoso 4-5) at Tampa Bay (Niemann 5-4), 7:10 p.m.
Cleveland (Jimenez 0-0) at Texas (D.Holland 10-4), 8:05 p.m.
Chicago White Sox (Buehrle 8-5) at Minnesota (Blackburn 7-8), 8:10 p.m.
Detroit (Porcello 11-6) at Kansas City (F.Paulino 1-4), 8:10 p.m.
Seattle (Vargas 6-10) at L.A. Angels (Weaver 14-5), 10:05 p.m.
Tomorrow's games
N.Y. Yankees at Boston, 4:10 p.m.
Toronto at Baltimore, 7:05 p.m.
Chicago White Sox at Minnesota, 7:10 p.m.
Detroit at Kansas City, 7:10 p.m.
Oakland at Tampa Bay, 7:10 p.m.
Cleveland at Texas, 8:05 p.m.
Seattle at L.A. Angels, 9:05 p.m.

AL LEADERS

	G	AB	R	H	Avg.
AdGonzalez Bos	107	440	77	157	.357
MiYoung Tex	109	434	54	145	.334
Kotchman TB	94	320	29	105	.328
Bautista Tor	99	345	79	111	.322
VMartinez Det	95	350	49	111	.317
Ellsbury Bos	108	448	82	142	.317
JhPeralta Det	99	357	47	113	.317
MiCabrera Det	110	385	74	121	.314
Pedroia Bos	106	427	73	134	.314
AGordon KC	105	429	66	131	.305

HOME RUNS—Bautista, Toronto, 32; Teixeira, New York, 31; Granderson, New York, 28; Konerko, Chicago, 25; NCruz, Texas, 24; MarReynolds, Baltimore, 24; MiCabrera, Detroit, 22.
Not including yesterday's results

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	71	39	.645	—
Atlanta	64	48	.571	8
New York	55	55	.500	16
Florida	55	56	.495	16½
Washington	53	58	.477	18½

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	62	50	.554	—
St. Louis	59	53	.527	3
Pittsburgh	54	56	.491	7
Cincinnati	54	57	.486	7½
Chicago	47	65	.420	15
Houston	37	74	.333	24½

WEST DIVISION

	W	L	Pct	GB
San Francisco	62	49	.559	—
Arizona	61	50	.550	1
Colorado	52	60	.464	10
Los Angeles	50	60	.455	11½
San Diego	48	64	.429	14½

Yesterday's results
Chicago Cubs 7 Pittsburgh 6
Colorado 6 Washington 3
St. Louis 7 Florida 4
Philadelphia at San Francisco
Wednesday's results
Atlanta 6 Washington 4
Chicago Cubs 1 Pittsburgh 0
Houston 5 Cincinnati 4
Milwaukee 10 St. Louis 5
Philadelphia 8 Colorado 6
San Diego 3 L.A. Dodgers 0
San Francisco 8 Arizona 1
Florida at New York (ppd., rain)
Tonight's games
Cincinnati (Leake 9-6) at Chicago Cubs (Dempster 8-8), 2:20 p.m.
San Diego (Harang 9-3) at Pittsburgh (Karstens 8-5), 7:05 p.m.
Atlanta (T.Hudson 10-7) at N.Y. Mets (Dickey 5-9), 7:10 p.m.
St. Louis (Westbrook 9-5) at Florida (Ani.Sanchez 6-4), 7:10 p.m.
Milwaukee (Gallardo 12-7) at Houston (Happ 4-13), 8:05 p.m.
Washington (Zimmermann 6-9) at Colorado (Nicasio 4-3), 8:40 p.m.
L.A. Dodgers (Billingsley 9-9) at Arizona (Collmenter 6-6), 9:40 p.m.
Philadelphia (Worley 7-1) at San Francisco (J.Sanchez 4-5), 10:15 p.m.
Tomorrow's games
Cincinnati at Chicago Cubs, 1:05 p.m.
Philadelphia at San Francisco, 4:10 p.m.
Milwaukee at Houston, 7:05 p.m.
San Diego at Pittsburgh, 7:05 p.m.
Atlanta at N.Y. Mets, 7:10 p.m.
St. Louis at Florida, 7:10 p.m.
L.A. Dodgers at Arizona, 8:10 p.m.
Washington at Colorado, 8:10 p.m.

NL LEADERS

	G	AB	R	H	Avg.
JosReyes NYM	95	419	79	142	.339
Braun Mil	101	373	71	121	.324
Votto Cin	110	410	70	133	.324
DanMurphy NYM	106	382	47	122	.319
Kemp LAD	110	399	66	127	.318
Morse Wash	99	343	49	108	.315
Holliday StL	85	300	59	94	.313
SCastro ChC	108	459	59	142	.309
Helton Col	98	330	46	102	.309
Pence Pha	105	420	52	129	.307

HOME RUNS—Berkman, St. Louis, 28; Kemp, Los Angeles, 26; Stanton, Florida, 25; Fielder, Milwaukee, 24; Howard, Philadelphia, 24; Pujols, St. Louis, 24; Uggla, Atlanta, 23.
Not including yesterday's results

RAYS 7, BLUE JAYS 6 (12 INN.)

Toronto	ab	r	h	bi	Tampa Bay	ab	r	h	bi
YEscor ss	4	2	1	0	Jnngs lf	6	1	3	1
Rasms cf	6	1	2	1	Damon dh	4	1	0	0
Bautist 3b	4	1	1	1	Longori 3b	6	1	1	3
Lind 1b	6	0	3	1	Zobrist 2b	6	0	0	0
Encrnc dh	6	1	1	0	BUpton cf	6	2	2	0
EThms rf	5	0	0	0	Ktchm 1b	3	1	2	0
A.Hill 2b	4	0	1	0	SRdrgz ss	3	0	0	0
Snider lf	5	1	0	0	Joyce ph-rf	2	0	0	1
Arencii c	2	0	0	0	Ruggin rf	3	1	1	0
RDavis pr	0	0	0	0	Fuld ph	1	0	1	0
JMolin c	1	0	1	2	EJhnsn ss	2	0	0	0
Shppch c	3	0	0	0					
Chirins ph-c	2	0	2	2					
Totals	**43**	**6**	**10**	**5**	**Totals**		**47**	**7**	**12**	**7**
Toronto					200	000	010	120	6
Tampa Bay					000	030	000	121	7

Two outs when winning run scored.
DP—Tampa Bay 2. LOB—Toronto 8, Tampa Bay 12. 2B—Rasmus 2 (3), Jennings (4), B.Upton (14). 3B—J.Molina (1), B.Upton (2). HR—Bautista (33), Jennings (3), Longoria (15). SB—Fuld (20).

Toronto	IP	H	R	ER	BB	SO
Cecil	6	4	3	3	3	4
Janssen	2	0	0	0	0	3
F.Francisco	1	1	0	0	0	0
Rauch BS,5-15	1 1-3	3	3	3	0	1
Camp L,1-2 BS,2-3	1 1-3	4	1	1	3	1
Tampa Bay						
W.Davis	7 2-3	5	3	3	3	4
Howell	1-3	0	0	0	0	0
Farnsworth	1	0	0	0	0	1
Jo.Peralta	2-3	0	1	1	2	0
McGee	1-3	1	0	0	1	1
J.Cruz	1	3	2	2	0	1
B.Gomes W,1-1	1	1	0	0	0	1

HBP—by Cecil (Shoppach), by W.Davis (A.Hill).
T—3:51. A—28,491 (34,078) at St. Petersberg, Fla.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	5	4	1	0	124	97	8
Montreal	6	4	2	0	195	152	8
Hamilton	5	3	2	0	132	112	6
Toronto	6	1	5	0	128	178	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	5	5	0	0	153	99	10
Calgary	5	3	2	0	117	117	6
Saskatchewan	5	1	4	0	101	160	2
B.C.	5	0	5	0	126	161	0

WEEK SIX
Last night's result
Montreal 36 Toronto 23
Tomorrow's games
Edmonton at Winnipeg, 7:30 p.m.
Saskatchewan at B.C., 10:30 p.m.
Saturday's game
Hamilton at Calgary, 9:30 p.m.

ALOUETTES 36, ARGONAUTS 23

First Quarter
Mtl — TD Green 16 pass from Calvillo (Whyte convert) 3:08
Tor — FG Shaw 14 7:21
Mtl — FG Whyte 12 13:31
Second Quarter
Tor — TD Watt 20 pass from Lemon (Shaw convert) 1:59
Mtl — TD Diedrick 2 run (Whyte convert) 11:52
Tor — FG Shaw 42 13:32
Mtl — FG Whyte 48 14:35
Third Quarter
Mtl — TD Diedrick 1 run (Whyte convert) 4:19
Mtl — Safety Shaw concedes 10:17
Fourth Quarter
Mtl — TD Diedrick 1 run (Whyte convert) 2:23
Tor — FG Shaw 43 5:03
Tor — TD Bradwell 22 pass from Lemon (Shaw convert) 14:52

Montreal	10	10	9	7	36
Toronto	3	10	0	10	23

Att. — 19,204 at Toronto.

GOLF

WGC-BRIDGESTONE INVITATIONAL

At AKRON, Ohio
Par 70
First round

Adam Scott	32-30—62
Jason Day	32-31—63
Nick Watney	34-31—65
Rory Sabbatini	32-34—66
D.A. Points	30-36—66
Stewart Cink	32-34—66
Thomas Bjorn	33-33—66
Brandt Snedeker	33-33—66
Kyung-tae Kim	35-31—66
Martin Laird	31-35—66
Pablo Larrazabal	31-35—66
Ryan Moore	34-32—66
Jonathan Byrd	35-32—67
Keegan Bradley	31-36—67
Lee Westwood	32-35—67
Phil Mickelson	34-33—67
Ryo Ishikawa	32-35—67
Arjun Atwal	36-32—68
Charley Hoffman	34-34—68
Luke Donald	34-34—68
Geoff Ogilvy	32-36—68
Sergio Garcia	35-33—68
Robert Karlsson	36-32—68
Rory McIlroy	32-36—68
Aaron Baddeley	33-35—68
Fredrik Jacobson	32-36—68
David Toms	34-34—68
Rickie Fowler	33-35—68
Bo Van Pelt	34-34—68
Tiger Woods	35-33—68
Lucas Glover	31-37—68
Mark Wilson	36-33—69
Richard Green	35-34—69
Brendan Steele	36-33—69
Alexander Noren	35-34—69
Scott Stallings	36-33—69
Hennie Otto	33-36—69
Martin Kaymer	34-35—69
Bubba Watson	35-34—69
Robert Allenby	36-34—70
Gary Woodland	32-38—70
Peter Hanson	35-35—70
Zach Johnson	37-33—70

NATIONWIDE-COX CLASSIC

At Omaha, Neb.
Par 71
First Round

Tommy Biershenk	30-32—62
Matt Weibring	30-33—63
Elliot Gealy	31-32—63
Aaron Goldberg	33-30—63
Jason Schultz	32-32—64
Mathew Goggin	32-32—64
Danny Lee	30-34—64
Brad Elder	31-33—64
Jason Kokrak	30-34—64
Russell Knox	31-33—64
B.J. Staten	31-33—64
Adam Bland	33-31—64
Mike Lavery	30-34—64
Matt Every	32-33—65
Travis Hampshire	33-32—65
Aaron Watkins	31-34—65
Adam Blyth	33-32—65
Marco Dawson	34-31—65
Troy Kelly	32-33—65
Seong Ho Lee	32-33—65
Josh Broadaway	33-32—65
Jin Park	34-32—66
Ken Duke	33-33—66
Also	
James Love	**33-35-68**
Jon Mills	**35-33-68**
Richard T. Lee	**33-37-70**
Bryan DeCorso	**35-37-72**

ACTIVITY

BASEBALL

MAJOR LEAGUE BASEBALL — Suspended St. Louis C Yadier Molina five games and fined him an undisclosed amount after bumping an umpire several times and spraying him with spittle during Tuesday's game at Milwaukee.

AMERICAN LEAGUE

SEATTLE MARINERS — Optioned OF Greg Halman to Tacoma (PCL). Released DH Jack Cust.
TORONTO BLUE JAYS — Selected the contract of 3B Brett Lawrie from Las Vegas (PCL). Recalled LHP Luis Perez from Las Vegas. Placed RHP Carlos Villanueva on the 15-day DL. Optioned OF Travis Snider to Las Vegas.

NATIONAL LEAGUE

HOUSTON ASTROS — Optioned OF Luis Durango to Oklahoma City (PCL).
PHILADELPHIA PHILLIES — Signed OF Chris Lubanski and OF Brent Clevlen and assigned them to Reading (EL).
SAN DIEGO PADRES — Agreed to terms with RHP Matt Wisler. Activated LHP Joe Thatcher from the 60-day DL. Optioned OF Blake Tekotte to San Antonio (TL).

NBA

GOLDEN STATE WARRIORS — Named Pete Myers, Wes Unseld Jr. and Jerry DeGregorio assistant coaches and Darren Erman and Kris Weems assistant coaches/player development.

BOXING

USA BOXING — Named Joe Zanders U.S. Olympic Team coach.

FOOTBALL

NFL

BALTIMORE RAVENS — Agreed to terms with S Bernard Pollard on a two-year contract.
CINCINNATI BENGALS — Claimed TE John Nalbone off waivers from Philadelphia. Waived RB Steven Robinson.
CLEVELAND BROWNS — Signed LB Eric Gordon, LB Archie Donald, DB Dimitri Patterson and P Richmond McGee. Placed P Reggie Hodges on injured reserve. Waived LB Derrick Addai and LB Alex Wujciak.
DETROIT LIONS — Signed LB Bobby Carpenter, CB Chris Houston, DE Cliff Avril and T Isaac Sowells. Released CB Branden Bufford, G Pat Illig, WR Michael Moore and CB Brandon Stephens. Claimed WR Nate Hughes off waivers from Jacksonville and G Greg Niland off waivers from Arizona.
KANSAS CITY CHIEFS — Signed FB Le'Ron McClain, CB Brandon Carr and S Sabby Piscitelli.
MINNESOTA VIKINGS — Signed OT Ryan Cook.
NEW ENGLAND PATRIOTS — Signed OL Nate Solder.
NEW ORLEANS SAINTS — Agreed to terms with DT Aubrayo Franklin, OT George Foster and OT Alex Barron. Placed LB Jeremiha Hunter on injured reserve. Waived PK Jacob Rogers.
NEW YORK GIANTS — Signed DT Rocky Bernard. Waived-injured DT Martin Parker.
NEW YORK JETS — Released WR Jerricho Cotchery.
OAKLAND RAIDERS — Signed LB Darryl Blackstock.
SAN DIEGO CHARGERS — Agreed to terms with DE Corey Liuget on a four-year contract. Signed RB Shawnbrey McNeal and S Nick Polk to two-year contracts.
SAN FRANCISCO 49ERS — Signed C Jonathan Goodwin to a three-year contract and LB Blake Costanzo to a one-year contract.
TENNESSEE TITANS — Agreed to terms with CB Frank Walker. Placed CB Ryan Mouton on injured reserve. Waived WR O.J. Murdock.

HOCKEY

NHL

PHOENIX COYOTES — Signed D Connor Murphy.
VANCOUVER CANUCKS — Signed F Owen Noland and F Todd Fedoruk.
WINNIPEG JETS — Agreed to terms with D Jason DeSantis, D Jake Marto and F Jason King.

SOCCER

MLS

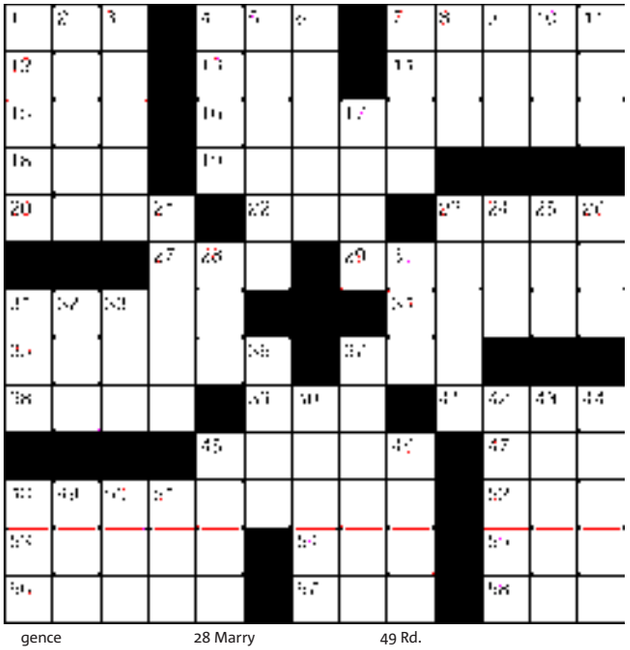
Wednesday's results
Kansas City 2 Real Salt Lake 0
Philadelphia 1 Chicago 1
Portland 3 Los Angeles 0
Tonight's game
Columbus at Colorado, 9:30 p.m.

CONCACAF

CHAMPIONS LEAGUE

PRELIMINARY ROUND
Second Leg
Last night's results
Herediano (Costa Rica) 2 Alpha United (Guyana) 2
Municipal (Guatemala) 2 Motagua (Honduras) 0
Wednesday Results
Dallas (U.S.) 1 Alianza (El Salvador) 0
(Dallas advanced on 2-0 aggregate)
Puerto Rico Islanders 3 Isidro Metapan (El Salvador) 1
(3-3 aggregate; Isidro advanced on 1-0 away goals)
Tempete (Haiti) 0 Morelia (Mexico) 2
(Morelia advanced on 7-0 aggregate)
Olimpia (Honduras) 2 Santos Laguna (Mexico) 1
(Santos advanced on 4-3 aggregate)
Seattle (U.S.) 2 San Francisco (Panama) 0 (OT)
(Seattle advanced on 2-1 aggregate)
Tuesday Result
Toronto 2 Real Esteli (Nicaragua) 1
(Toronto advances 4-2 on aggregate)

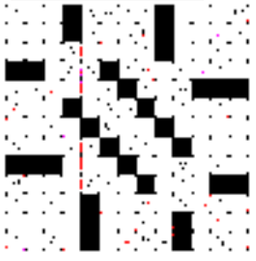
Crossword



Across
1 Slithery squeezer
4 Visibility hindrance
7 Violinist's stroke
12 1960s hallucinogen
13 Raw rock
14 — -Roman wrestling
15 Midafternoon hour
16 Venetian painter
18 Society page word
19 With unfriendliness
20 Snare, e.g.
22 Shelter
23 Door opener
27 Ram's ma'am
29 Appetizer
31 Got up
34 Ms. Midler
35 Stephen Harper is its P.M.
37 Expert
38 Pairs
39 Automobile
41 Misplace
45 Reserved
47 Last (Abbr.)
48 Florida peninsula
52 Greek cross
53 Small egg
54 Type measures
55 Accomplished
56 Become established
57 Vast expanse
58 Individual

Down
1 Sightless
2 Wicker willow
3 Farewell
4 Points of convergence
5 Delphic prophet
6 Bottled spirit
7 Grotesque
8 Opposite of "post-"
9 Wager
10 Autumn mo.
11 Court
17 Baldwin of "30 Rock"
21 Small plateaus
23 Genuflect
24 — "King" Cole
25 Make up your mind
26 Spelling contest
28 Marry
30 "The View" airer
31 Performance
32 Uncooked
33 Yoko of music
36 Teen's woe
37 Obscure
40 Buenos —
42 Surpass
43 Done in
44 Chopin piece
45 Microwave, e.g.
46 "Born Free" lioness
48 Trigonometry abbr.
49 Rd.
50 Eccentric
51 "The Greatest"

▶ Yesterday's answer



Sudoku

2						9	6	
	9	8			5			
		1			2	7		
5				4			2	
	1	9				3	4	
	6			8				9
		7	1			2		
			4			8	3	
	3	4						1

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Hi Humans with great soul, The world is the best place to live because of people like you.Keep doing the great things for people and you will be rewared thousand folds.Dont except anything just do it and resurts will give you rewards. The soul trying to be better soul day by day, **PRAVIN**

My Sunshine Gal. So lucky to find you in my life. I love your big smile and blue eyes n everything about you. Sending you all my love, kiss n hugs. Keep smiling..looks good on you. LOVE YOU always n forever. **DJ DANCE WITH ME**

Alan, Hey babe, you know I love you and I always will. You light my heart on fire. I am ready, willing & able to take our relationship to the next level whenever you are! **SWEETPEA73**

A look at the weather

TODAY	SATURDAY	SUNDAY
Min 10° Max 24°	Min 11° Max 19°	Min 15° Max 26°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Show your critics you've got what it takes — more than they have anyway.

♉ Taurus April 21-May 21 If you want to resolve a dispute, you'll have to bring opposing parties together so they can have their say.

♊ Gemini May 22-June 21 There are so many interesting things going on that you'll have a hard time keeping your focus.

♋ Cancer June 22-July 22 If an idea pops into your head out of nowhere today, you must follow it through to its conclusion.

♌ Leo July 23-Aug.23 You like to indulge in life's little luxuries and you will certainly get the opportunity to do so today.

♍ Virgo Aug. 24- Sept. 22 There is something you must deal with but you keep putting it off because it may be unpleasant. Suck it up.

♎ Libra Sept. 23-Oct. 23 You have the right, even the duty, to speak your mind, whatever the consequences might be.

♏ Scorpio Oct. 24-Nov. 22 A chance to move up in the world will soon be coming your way.

♐ Sagittarius Nov. 23-Dec. 21 Anyone who does not want to hear the truth had better stay out of your way today.

♑ Capricorn Dec. 22-Jan. 20 Realize that you can learn just as much from other people's mistakes as you can from your own.

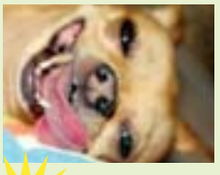
♒ Aquarius Jan. 21-Feb. 18 Someone is about to come into your life who is going to be of major importance to you.

♓ Pisces Feb. 19-March 20. A task you've avoided must be completed today. **SALLY BROMPTON**

Caption contest

RICK BOWMER, FILE/ THE ASSOCIATED PRESS

THE SOUTHWEST TIMES RECORD, KAIA LARSEN/ AP



WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

REALESTATE - BUYING OR SELLING
EXPERIENCE COUNTS!
• 15 YEARS AS A CALGARY REALTOR
• HOMES OR COMMERCIAL PROPERTY
• EXPERENCE COUNTS
CALL PATRICK ELLIOTT
CENTURY 21 BAMBER REALTY
403-245-0773
Century 21

Immigration & Visa
Immigration Consulting Group - 2nd floor, 638-11th Ave., SW. Calgary
Spouse & Parental Sponsorships
Sponsorship Appeals
If you are a
Temporary Foreign Worker
You may qualify to apply for a
Permanent Residence
Visitor & Student Visas, PR & Citizenship
Commissioner for Oaths
www.gocanadavisa.com
JAY CHAHAL, M.A., CCIC
jay_chahal@shaw.ca
Consultation Appointment Call: 403.827.3853

Adventure!
Teach English Overseas
> TESOL Certified in 5 Days
> In-Class or Online
> No Degree Required!
1.888.270.2941
Job Guaranteed!
Next in-class course: August 10th - 14th
Next Seminar: Sept 27th @ 7pm
Travelodge University Hotel
www.globaltesol.com
GLOBAL TESOL COLLEGE

#1 FOR A REASON

OVER 500 USED VEHICLES ONLINE AT CMPAUTO.COM!

2010 Cadillac SRX

Leather, Sunroof, DVD

Scan for details

Was $49,995

$46,995

STK# U6456A

2007 Dodge Ram 1500

4x4, Crew Cab, Power Windows, Locks, Mirrors

Scan for details

Was $18,995

$17,995

STK# A1718A

2006 Saturn ION 3

Automatic, Power Windows & Locks

Scan for details

Was $9,995

$8,995

STK# P5038A

2011 Ford Transit Connect

Handyman's Dream!

Scan for details

$29,995

STK# P5053A

2010 GMC Sierra 1500

Crew Cab

Scan for details

Was $26,995

$25,995

STK# C110278A

2010 GMC Yukon XL

Leather, Sunroof

Scan for details

Was $38,995

$36,995

STK# RR10093A

2008 Chevrolet Malibu

A/C, Cruise, Power Windows & Locks

Scan for details

Was $13,995

$12,995

STK# P5044A

2010 Chevrolet Traverse

All Wheel Drive, Seats 8

Scan for details

Was $29,995

$26,995

STK# P5032A

2010 GMC Yukon

All Wheel Drive, Power Windows & Locks

Scan for details

Was $35,995

$33,995

STK# P5033A

EASY APPROVALS AND FAST APPLICATIONS

CALL OUR CREDIT HOTLINE 1-866-319-2698

2010 Corvette Z06

Hardtop

Scan for details

Was $75,995

$73,995

STK# C111133B

2006 Pontiac Solstice

Convertible!

Scan for details

Was $16,995

$15,995

STK# RR11263A

2011 Ford F-150

Leather, 4x4, Super Crew, Eco Boost

Scan for details

Was $49,995

$46,995

STK# P5052A

2010 Cadillac Escalade

Sunroof, Nav, Ultra Luxury Package

Scan for details

Was $61,995

$59,995

STK# U6556A

2008 Cadillac Escalade ESV

Loaded! All Wheel Drive.

Scan for details

Was $50,995

$49,995

STK# U6475A

2008 Buick Enclave

Leather, DVD

Scan for details

Was $26,995

$23,995

STK# U6460A

CMP GM

CHEVROLET Cadillac BUICK GMC

CORNER OF 16TH AVE & 36 ST. N.E.

LOCAL SALES HOTLINE

1-800-990-7101

CMPAUTO.COM

GM Canada

Optimum CERTIFIED USED VEHICLES

- Manufacturer's warranty
- 150 + Point inspections
- 30 day/2500 km no-hassle exchange privilege
- 24-hour roadside assistance

Prices do not include fees and taxes. Errors and omission exempt. **AMVIC LICENSED**

NEW NORTH WEST TOWNHOMES.

NOW SELLING.

PROSPECT
— RIDGE —
EVANSVIEW

THREE STOREY TOWNHOMES
WITH TWO CAR ATTACHED GARAGES

FROM THE

$260's

1200-1400 SQ.FT. | DOUBLE MASTER OR 3 BEDROOM | 9 FT CEILINGS
OPEN CONCEPT FLOORPLANS | VIEWS OF THE SYMONS VALLEY

403 536 7290 | 125 PANATELLA GATE NW
HOMESBYAVI.COM/PROSPECTRIDGE

AVIurban

Homes by AVI

Prices subject to change without notice. E.O.&E.